

INSTRUCTIONS FOR USE

POLYCISER (A Lung Exerciser)

Spirometry means "measuring of breath", is a routinely used pulmonary function test (PFT) that measures the amount and speed of air that a person can inhale & exhale.

An incentive spirometer is a medical device used to help patients improve the functioning of their lungs in conditions where lung functions are compromised due to various respiratory disorders such as "atelectasis (small airway collapse), bronchial asthma" etc. It enables the patient to exercise his/her lungs without any stress.

Product Category
Anaesthesia.

Product Invigilator
Pulmonologists.

Materials Used
Polypropylene, Acrylonitrile Butadiene Styrene (ABS) or Polycarbonate(PC).

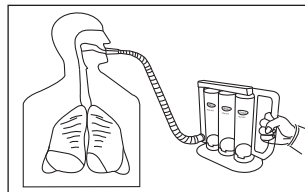
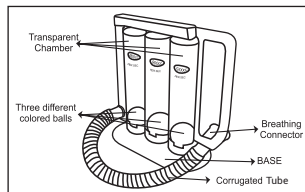
Assemble your Polyciser as follows

- Remove polyciser parts from package.
- Attach free end of corrugated tube to stem at base of unit.

Note : Before and after each use, rinse only the mouthpiece with warm water and shake it dry. After use place the Polyciser in its bag and close top.

Directions for Use

- Sit straight or lean slightly forward (if possible).
- Hold the Polyciser in an upright position.
- Breathe out (exhale) normally, then place the breathing connector in your mouth and tighten your lips around the breathing connector.
- Breathe in (inhale) slowly and deeply with your lips tightly sealed on the breathing connector. Lift all the three balls by continuous inhaling (if possible).
- Hold your breathe at least 3 sec, after you inhale as deeply as you can, causing "first ball" to rise in the first chamber, thus indicating the inhaling volume. Consequently , by increasing the inhaling volume, the "second ball" in the second chamber & the "third ball" in third chamber will rise too.
- Remove the breathing connector from your mouth and exhale normally.
- As instructed by your physician, repeat this technique usually 10 to 15 times. Take your time. Take a few normal breaths between deep breathes.
- When you are done with the 10 to 15 exercises, it is very important to take a deep breathe and cough. You should cough 2 to 3 times.



Cautions



See Instructions for use



Product reference/Art. No.



Do not use if packaging or product has been damaged or contaminated



Batch Number



Date of Manufacturing



Use by / Expiry date



Non Sterile



European Authorised Representative



Manufactured by



Storage Condition



Keep Away from Sunlight



Keep Dry




Medical Devices

 **POLYMED**

Reg No. under Rule-13(2) of PWW
Rules: BO-04-000-12-AAACP3891P-24

 **POLY MEDICURE LTD.**

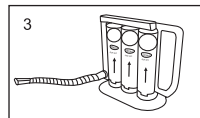
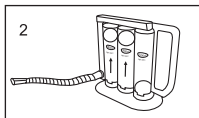
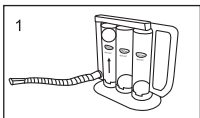
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Calculation of Inspired Volume

1. If "first ball" is kept afloat for 1 second, the inspired volume is approximately 600ml.
2. If "first and second ball" is kept afloat for 1 second, the inspired volume is approximately 900ml.
3. If all the "three balls" are kept afloat for 1 second, the inspired volume is approximately 1200ml.



When to use Polyciser?

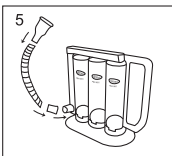
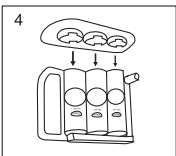
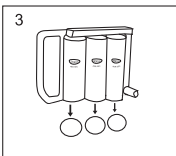
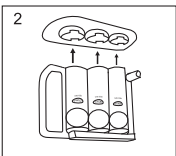
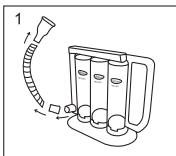
As instructed by your physician or whenever you are awake, you should use your Polyciser every two hours. Make sure that it is kept in a place near to you where you can reach easily.

Benefits of Polyciser

- It helps the patient to recover the normal respiration by long, sustain and deep breathes after a chest or abdominal surgery.
- It helps in achieving maximal lung expansion and strengthening cough effort which helps in maintaining clear airways.
- Three chambers design allows the patient to lift the balls without any resistance to achieve the maximum volume in minimum time.
- Three chambers design helps the patient in monitoring their development.
- The small size design proves economical in maintenance and storage costs.
- Because of the single molded chamber, prevents air leakage hence providing correct visual examination.
- It helps in maintaining bronchial hygiene and avoids infection as it can be dismantled and cleaned thoroughly as per the instructions provided.

Cleaning Instructions

- Remove the corrugated tube and breathing connector from the transparent chamber.
- Now, turn the chamber upside down and pull the base upward direction to disassemble the transparent chamber.
- Remove all the balls placed inside the chamber and clean with disinfecting agent.
- After cleaning, inserts the balls into the transparent chamber in the following manner ;
B for Blue - 600cc/sec. chamber
Y for Yellow - 900cc/sec. chamber
R for Red - 1200cc/sec. chamber
- Fix the corrugated tube and breathing connector to the transparent chamber.



Note : Cleaning is instructed after every 3 uses.

Cautions

- Please ensure the period between two respiratory efforts are not less than one minute.
- The product should be used only by qualified healthcare professionals.
- Store in between 5°C to 35°C, avoid excessive heat, protect from direct sunlight and moisture.
- Poly Medisure Limited will not be responsible for any direct incidental or consequential damages resulting from reuse of product.



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