

# AffloVest® Patient Training Guide

Getting the most out of your AffloVest.



**AFFLOVEST®**  
MOBILE AIRWAY CLEARANCE THERAPY

**Tactile**  
MEDICAL®

Please check each box as you review with the patient.

## What You Get With Your AffloVest

- AffloVest
- Rechargeable Lithium-ion battery
- Power supply
- Go Anywhere travel case



## Patient Education

- AffloVest is an airway clearance vest that helps mobilize secretions.
- Mucus is your body's defense from things we inhale like pollen or dust. Typically, mucus flows up through our lungs and airways naturally and it is swallowed automatically. With your diagnosis, there are physiologic changes in the airways causing the mucus to not flow naturally leaving it in the lungs. Mucus that does not flow from the lungs leads to infections.
- Your diagnosis is a high-risk factor for recurring pneumonia.
- Similar to brushing your teeth, AffloVest therapy is a daily commitment to maintain secretion mobilization.
- 20–30 minutes twice a day is the recommended therapy or as prescribed by your physician.
- In the beginning, you may produce a lot of mucus. Over time, with AffloVest used daily, you may see a reduction in mucus production. This does not mean you should stop using AffloVest. AffloVest is still working and should continue to be used to maintain your airway.
- If AffloVest is not used daily, mucus may build up in your lungs, potentially leading to a lung infection. At that point, antibiotics and hospitalization may be required.
- Do not wait until you are congested to use AffloVest. Use it daily per physician recommendation.
- The goal with AffloVest is to reduce lung infections, antibiotic use and hospitalizations.
- If you have any further questions about AffloVest please contact your AffloVest representative.

## AffloVest Use Information

- Familiarize yourself with the User Manual and Quick Start Guide.
- Put AffloVest on and buckle closed.
- Fit and sizing vary from person to person.
- Using the front adjustment straps, AffloVest should fit very snugly on the chest, but not limit the ability to take in a full, deep breath.
- If needed, adjust the shoulder snaps to place the front upper AffloVest oscillation motors on the upper chest just below the collar bone.
- A 1" (2.5 cm) overlap of the vertical black seams on the front of AffloVest is acceptable for all sizes.
- A 1" to 5" (2.5–13 cm) gap between the two sides of AffloVest is also acceptable for all sizes.
- Zippers on the inside are for factory service only. **DO NOT OPEN.** Opening voids warranty.

## Battery

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- IMPORTANT:** Please verify the battery is fully charged before first use.
- Battery is preinstalled in battery pocket, no connections are required to start using AffloVest.
- To check charge level of battery, press white button on the battery to illuminate green LEDs.



Battery fully charged: all five LED bars should be lit after pressing button on battery.

## Charging Battery

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- Plug in power supply to wall outlet and ensure LED on power supply comes ON.
- Connect power supply to charging port on battery, towards bottom of battery pouch.
- Battery LEDs will light up (wait approximately 10 seconds) indicating that battery is now charging.
- Charge until all the green LEDs are solid on the battery. This should take approximately three (3) hours. When charging, the green LED will blink indicating current charge level.
- Unplug the power supply from outlet when fully charged.
- Battery will last at least two hours on the highest setting.
- It is not recommended to start a treatment if only one green LED is illuminated on the battery; the battery may not last through a full treatment.
- If a fully charged battery has been unplugged from charger for approximately 30 days, please check the charge level of the battery before attempting to use. If necessary, charge the battery appropriately.
- A battery indicator on the controller will blink when the battery is getting low and has approximately 30 minutes of use remaining.



Please make sure the power cord is plugged into the bottom of AffloVest when charging

## Power Supply

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- The AffloVest can be used when plugged into the power supply while charging if battery is low.
- Power supply will charge AffloVest battery, even if AffloVest is in use.
- Power consumption is approximately 30 Watt.
- Designed for use with AC voltage of 100 ~ 240VAC / 50 ~ 60Hz.



## Disconnecting Battery




- Open battery compartment and disconnect battery as shown.




- Plug battery back in, controller should beep twice when initially plugged back in to the battery.

## Controller

- To power On/Off AffloVest, press and hold the  (Standby) button on the controller. After a brief startup period, the controller will display the main treatment menu.

**Standby button is on top left of controller, press and hold a minimum of two (2) seconds until the screen, like to the right, appears.**

- Treatments may be started at any time by pressing the  (Play/Pause) button from the main treatment menu. Pressing the following buttons will update the treatment whether AffloVest is running or not:

**P** = Percussion Mode, all motors operate in a pulsed fashion.

**V** = Vibration Mode, all motors operate continuously.

**D** = Drainage Mode, motors operate in a pre-programmed sequential fashion.

**GO** = Automatically starts the Go Mode, the system will perform the following treatment sequentially (by default):

Percussion Mode, 10 minute duration at medium intensity (followed by a 10 second pause).

Vibration Mode, 10 minute duration at medium intensity (followed by a 10 second pause).

Drainage Mode, 10 minute duration at medium intensity.





### CONTROLLER ICON DEFINITIONS

**P** Percussion Mode (motors pulse ON / OFF)

**V** Vibration Mode (motors all ON)

**D** Drainage Mode (motors ON in sequence)

 High Intensity

 Medium Intensity

 Low Intensity

- AffloVest will start in the medium intensity mode by default. Pressing the following buttons will update the treatment whether AffloVest is running or not:



- While treatment is running, AffloVest may be paused by pressing the ►|| (Pause/Play) button. This shall suspend treatment until the ►|| (Pause/Play) button is pressed again. While the system is paused, press and hold ►|| (Pause/Play) button for two (2) seconds to reset the treatment duration to the previous setting.
- Highlighted (Boxes 1–4) indicate active treatment zone.
- Highlighted (Perc, Vib, Drain) indicate the current active program.



## Menu Navigation

- Press the ▲ (Up) and ▼ (Down) buttons to navigate through the menus on the controller. To change the values, press the ◀ (Left) and ▶ (Right) buttons while the values are highlighted.
- To navigate to the “Program Menu” or “Usage Menu”, navigate to the desired menu selection, press the ►|| (Play/Pause) button to navigate to that menu.

## Program Menu

- To modify the default GO settings, navigate to the Program Menu.
- Modify the settings as desired within the following allowable ranges:
  - Treatment Type: Percussion, Vibration, Drainage.
  - Treatment Time: 5–15 minutes.
  - Treatment Intensity: Low, Medium, High.
- Select “Save” and press the ►|| (Play/Pause) button to save the settings. To exit without saving select “Cancel” and press the ►|| (Play/Pause) button.
- The next time the GO button is pressed from the Main Menu the new treatment settings will be run.



## Usage Menu

- To view the run time information, navigate to the Usage Menu
- Press the ►|| (Play/Pause) button to return to the Main Menu.

## Cleaning Instructions

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- Clean AffloVest when it becomes visibly soiled. To clean, please utilize a broad-spectrum disinfecting wipe or spray rated to kill at least 99.9% of bacteria and viruses and follow the manufacturer's instructions for use.
- See User Manual for more detailed instructions.
- Do not machine wash.

## Flying With AffloVest

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- When flying with AffloVest, it can be checked in the Go Anywhere travel case or brought on the aircraft as a carry-on. Using as a carry-on depends on aircraft size and airline policy.
- Most airlines do not count medical devices against the carry-on limit per passenger. Check with your specific air carrier for details.
- If checking AffloVest, the Lithium-ion battery must be removed from AffloVest and put in your carry-on.
- AffloVest is not intended for use during flight but, if you are considering it, you should check with your airline in advance of your departure date.
- When traveling internationally and charging the battery, the power supply is considered universal and will work on any input. However, you will need the proper plug adapter to fit overseas receptacles.

**PLEASE REFER TO THE USER MANUAL FOR MORE DETAILED INFORMATION.**

Feel the difference.

**AFFLOVEST**<sup>®</sup>  
by Tactile Medical

# Acknowledgment of Training

By signing below I acknowledge I was trained on how to use and care for the AffloVest mobile airway clearance therapy system.

_____	_____
Client Signature	Date
_____	_____
Trainer Signature	Date

Please keep this with patient records.