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## Provox XtraHME - Let's get Started

Wearing an HME can improve your breathing and improve your quality of life. It may take a few days to weeks to get used to the HME and attachment procedure. Below are some tips to help you become a successful HME user and receive the maximum benefits of the HME.



1. Find the attachment that works best for you.
  - Try different types and shapes of adhesives to find the best fit.
  - You can also try other attachment methods such as a LaryTube or LaryButton.
2. If you use an adhesive, learn how to apply the adhesive.
  - It may take time to learn how to apply the adhesive and find the attachment that works best for you.
3. Get used to the breathing resistance. First, try using the Provox XtraMoist HME. You may have some shortness of breath when you first start using the XtraMoist HME. If you experience this:
  - Start with a Provox XtraFlow HME
  - When you feel comfortable breathing with the XtraFlow HME switch back to the Provox XtraMoist HME.
  - If you can not breathe comfortably with the XtraMoist at all, use the XtraFlow until you can wear it all the time. Now replace the XtraFlow with an XtraMoist for as long as you can handle.
  - If you can not handle the breathing resistance of the Provox XtraFlow continuously, take the HME off for short periods of time and reinsert it when you feel comfortable again.



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4. Keep track of the changes in your pulmonary symptoms.

It may take some days or weeks of continuous HME use (24 hours a day, 7 days a week) before you start to feel the reduction in coughing and mucus production. In the beginning, it may seem to increase. This is normal.

Write down the number of your coughs before you start using the HME. Now write down the number of coughs after using the HME on days 7, 14, 21, and 28.



	Number of coughs
Before HME use	
Day 7 of HME use	
Day 14 of HME use	
Day 21 of HME use	
Day 28 of HME use	



This will show you how your coughing decreases.

5. Use the HME correctly

- The HME cassette is not re-useable and should not be rinsed in water or any other solution. This will make the HME ineffective.
- Use the HME 24 hours a day 7 days a week, just like your nose.
- Change your HME at least every 24 hours or more often if it has become clogged with mucus.