

## Assembly of the RC-Cornet®

In case you have removed the tube from the mouthpiece, pull the valve tube onto the mouthpiece to the four ridges (Figure 5). One of these ridges ends in a notch on the shoulder of the mouthpiece.

Use the inserting device to insert the mouthpiece and valve hose into the curved tube (Figure 7 a - 7 d).

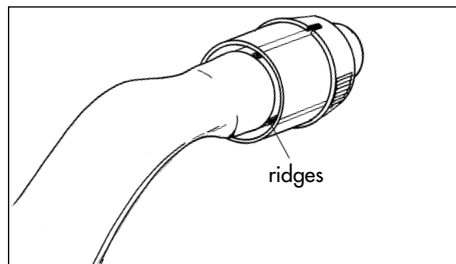
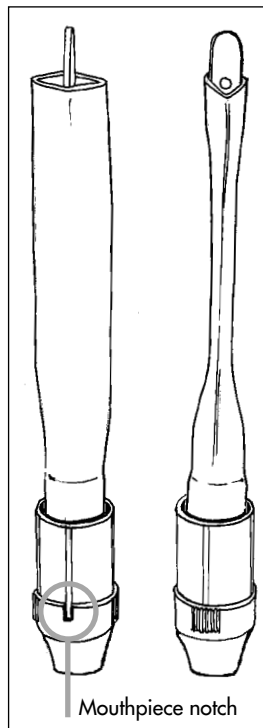


Figure 5



### Important:

Ensure that the notch of the mouthpiece is placed perpendicular to the flat side of the hose. (Figure 6)

Figure 6

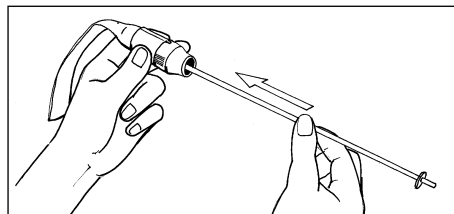


Figure 7a

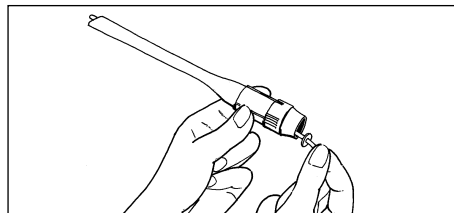


Figure 7b

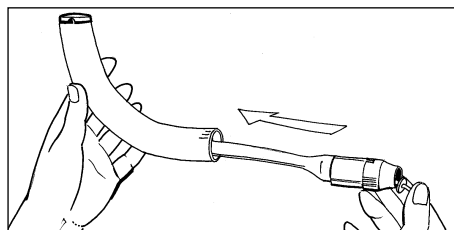


Figure 7c

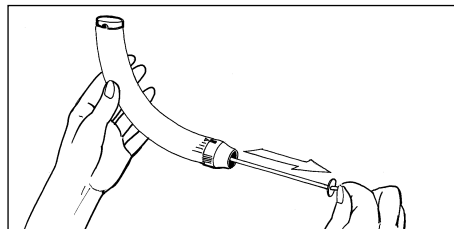


Figure 7d

### Important

The inserting device must be removed again.

### Note

Slight whitish deposits at the tube or in the bend originate from medical talcum powder, used during the production of the tube, are harmless.

The valve tube of the RC-Cornet® consists of organic material, a special rubber, which is also used for

the production of baby comforters and therefore it will lose its elasticity with time. It is recommended to replace the tube from time to time.

No traces of latex have been detected in the valve tube.

### Conclusion

In the same way as is there is a precipitation of condensation water in a wind instrument, condensation water will be formed in the RC-Cornet®. After prolonged use condensation water will create moisture at the silencer. This is normal and is due to extensive use.

Please use the device for one patient only!

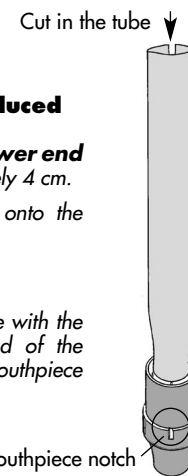
### RC-Cornet® noise reduced

The tube can be cut at the **lower end** at one side for approximately 4 cm.

Insert, as usual, the tube onto the mouthpiece.

### Important:

Take care that the tube side with the cut is mounted at the end of the RC-Cornet® off site to the mouthpiece tube.



The device can be bought through pharmacies.



PZN: 841 866 7

No. 14.24.08.0004 of the List of Therapeutic Agents and Auxiliary Devices

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For the physical  
Therapy  
of respiratory  
and pulmonary  
Diseases

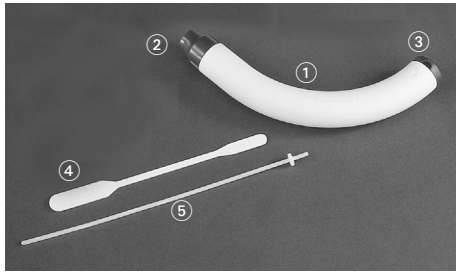
## Instructions for Use



- Relieves from annoying mucus
- Prevents unproductive coughing
- Makes breathing easier
- Improves gaseous exchange
- Increases vital capacity
- Reduces resistance of the respiratory tract

Technology  
to help you,  
to cure you  
and for your  
therapy

## The package includes:



- ① Curved tube
- ② Mouthpiece with valve hose
- ③ Silencer
- ④ Drying spatula
- ⑤ Inserting device

All these parts are also available separately.

## Indications:

The RC-Cornet® is an auxiliary means for the detachment and removal of bronchial secretions under the following conditions:

- **Chronically deforming bronchitis**
- **Bronchiectasis**
- **Mucoviscidosis**
- **Pulmonary emphysema**
- **Unproductive cough**
- **In the case of reduced retraction force of the pulmonary tissue**
- **Facilitating mucous removal in smokers with chronic cough**

## Application of the RC-Cornet®:

Insert the RC-Cornet® into your mouth and form a tight seal with your lips around the mouthpiece. Do not bite onto the mouthpiece! Adjust the mouthpiece so that it points to the triangle on the curved tube (starting position, see Figure 1).

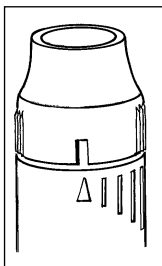


Figure 1

A positive pressure and vibrations will be created in the bronchial system and you will hear a hollow sound. Once you have become familiar with the blowing of

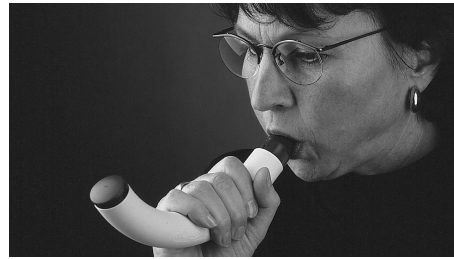


Figure 2

the RC-Cornet®, you may breathe in somewhat more deeply, and then fully exhale through the RC-Cornet®.

**You can adjust the RC-Cornet® to pressure and flow fluctuations which are most comfortable and effective for you.**

Insert the RC-Cornet®, as described above, into your mouth, holding the mouthpiece with the thumb and forefinger of one hand. Hold the silencer end of the RC-Cornet® with the other hand and rotate the curved tube clockwise while blowing into it. (Figure 3).

You will notice that, while blowing into the device and with a slow rotation of the RC-Cornet®, the pressure necessary for blowing will gradually increase, and that the sounds created will change. Just try to find the position that is most agreeable to you. Keep the device in this position after use.

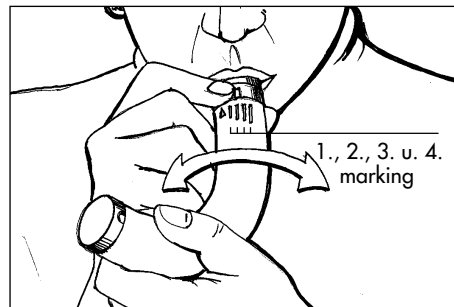


Figure 3

## Note:

Patients with chronic obstructive bronchitis, pulmonary emphysema and smoker's cough prefer the initial position of the RC-Cornet® as well as the Positions 1 and 2 respectively (notch at the mouthpiece is above the first and second marking of the tube).

Patients with bronchiectasis, mucoviscidosis and very viscous mucus prefer the Positions 3 and 4 with the greater pressure fluctuations (notch at the mouthpiece is above the third or fourth marking of the tube).

**The application of the RC-Cornet® is independent of gravity; Therefore you can use the device in a lying, sitting or standing position.**

Try to improve your breathing technique, after you have familiarised yourself with the RC-Cornet®; breathe in through your nose and breathe out through the RC-Cornet®.

It is important that you breathe out all the air; even if you need to cough, continue to breathe out the remainder of the air through the RC-Cornet®.

## Instructions on how to cough

When you blow into the RC-Cornet® and feel that you have to cough, attempt as long as possible to breathe out through the RC-Cornet®. When you must cough, do not cough in your usual way. Imagine that you are breathing on a mirror in order to clean it.

You will notice that you will be able to remove the mucus better from your airways by means of this breathing that is medically known as "huffing".

If you have a tracheostomy, you can place the RC-Cornet® over the stoma site with a special mask and therefore imitate the coughing process of a "normal" person.

## Recommended frequency of application

3 times daily for 2-5 minutes each time or more frequently if mucus production is increasing. Thanks to its convenient size, you may carry the device around with you.

## Contra indications

The RC-Cornet® must not be used in the event of a pneumothorax. It should only be applied with the advice of a doctor in the case of serious cardiovascular disease.

## Undesired effects

No undesired effects are known. In the case of hyperventilation (excessive increase of breathing), there may be nausea, numbness in the mouth or hands. These effects are harmless and will recede after the normalization of breathing.

## Physiological effect of the RC-Cornet®

The RC-Cornet® causes vibrations in the thorax resulting in loosening and liquefying of the bronchial mucus which can then be easily coughed off.

**This therapy will only be effective if it is carried out regularly.**

## Cleaning the RC-Cornet®

Other than the inserting device, all compounds

are dish washer safe  
are autoclavable (max. Temp. 121 °C)  
can be disinfected in 2% Cidex or Sekusept solutions).

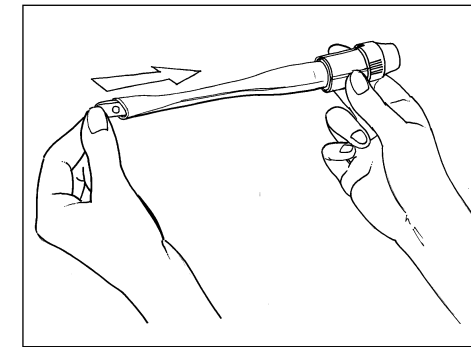


Figure 4

## Important:

**When you clean the RC-Cornet®, please insert the drying spatula into the tube, as shown in Figure 4; this will facilitate the disinfection and the subsequent drying.**