

Clearway Cough Assist



The Nippy Clearway is a pressure controlled, mechanical insufflator / exsufflator cough assist machine. It assists in the mobilisation and clearance of bronchial secretions by inflating the lungs with a positive airway pressure then providing a rapid change to negative pressure to assist cough. Clearway can be used for up to 30 minutes in any 1 hour period.

How to use the Clearway

- ★ The optimal settings will be programmed by the Physio. These settings will be locked into the machine and will automatically come up on the screen each time the Clearway is switched on.
- ★ The settings are;

Insufflation	Exsufflation
Ti	Te
Pause	Cycle Repeat
Insufflation Repeat	Entrained oxygen (if required)
- ★ Press and hold the power button to switch on.
- ★ Press the start/stop button to start the programme.
- ★ When the Clearway 'starts' (noise) - Seal your lips around the mouthpiece.
- ★ Breathe normally to trigger the Clearway breath, try to relax to allow the delivered breath to fill your lungs.
- ★ The machine will then allow you to breathe out naturally before triggering the next breath in your own time.
- ★ The number of breaths in a cycle is determined by the 'Insufflation Repeat' setting.
- ★ If there is an exsufflation breath (cough) programmed, this will occur immediately after the last in breath.
- ★ Try and huff/cough with the exsufflation breath as this will make clearance more effective.
- ★ Cough and clear as able.
- ★ Repeat the cycle as required.

STOP TREATMENT AND CONTACT CF PHYSIOTHERAPY IF YOU EXPERIENCE PAIN OR COUGH UP ANY BLOOD.

Cleaning:

- Circuits are single patient use
- Wipe down the Clearway and mouthpiece with a damp cloth/wipe after each use.
- Change the bacterial filter in the circuit (at the mouthpiece) and the mouthpiece weekly.
- Check the input filter at the back of the machine weekly – if dusty / discoloured then change (see below).
- Change the whole circuit (and input filter) monthly, unless the tube is soiled or the patient is expectorating a large amount of sputum.

Clearway Input Filter Change Instructions

- ★ ***Check the input filter at the back of the machine weekly***



- ★ Pull the black square filter cover off – located at the back of the Clearway.
- ★ Remove the white filter pad.
- ★ If dusty or discoloured, rinse under cold water and allow it to dry.