

# How to use your **hydrapep**

**1**

Fill your Hydrapep with clean water up to the 10cm mark.

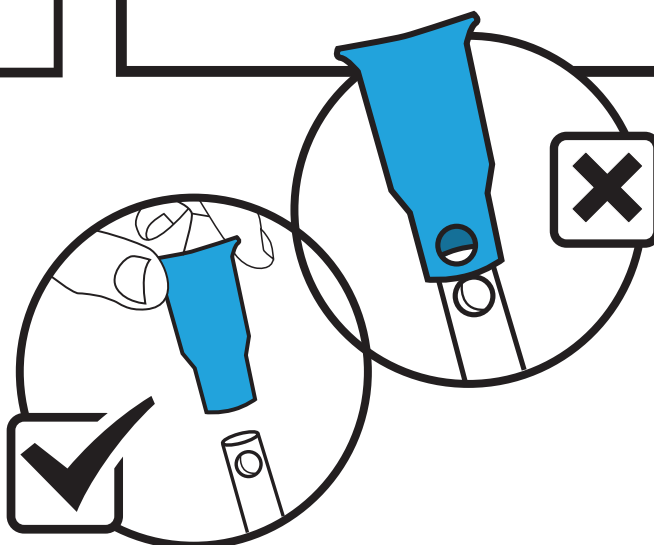


**2**

Insert the tubing through the lid so that the end of the tube rests on the base of the bottle.

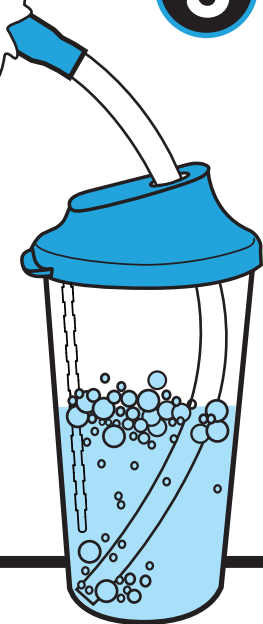


Make sure that the holes in the tubing and mouthpiece **DO NOT** line up or overlap with each other.



**3**

Breathe in, then place the mouthpiece in your mouth, and blow bubbles in the water for five seconds. Do this ten times.



**4**

Cough or huff, then rest for one to two minutes.

**5**

Repeat Steps 3 and 4 one to two more times.

**6**

Perform this program three times a day.

Stop if you feel light-headed or dizzy. Change water between sessions, and wash Hydrapep daily. Hydrapep is dishwasher safe.

Please see the Instructions for Use for a complete guide to assembly, use, precautions and contraindications. Always read the label. Use only as directed. If symptoms persist, see your doctor or healthcare professional.

A Resolve  
Healthcare  
Product

**hydrapep**

[www.hydrapep.com.au](http://www.hydrapep.com.au)