

## Use of the Provox® Xtra HMEs Using the Provox® HME Cassette Adaptor

After a tracheostomy, you breathe through a tracheostomy tube and bypass your mouth and nose. As a result, you lose the ability to heat, moisturize, and filter the air you breathe. A Heat and Moisture Exchanger (HME) saves the heat and moisture that you exhale and gives it back when you breathe in. As you breathe out, the natural heat and moisture is trapped in the HME. As you breathe in, the air you inhale is heated and moisturized. Studies show that patients with a tracheostomy who used an HME were able to retain 250-300ml of water in the airway. This moisture retention results in decreased moisture loss, thinner and clearer mucus, less bacterial growth, and a healthier windpipe. The Provox HME Cassette Adaptor allows you to use the Provox Xtra HME Cassettes with a tracheostomy tube with a 15mm ISO Connector.



## Follow the Steps Below to Place the Provox HME Cassette Adaptor and Xtra HMEs

1. Make sure that your doctor has approved the use of a Provox HME with the Provox HME Cassette Adaptor. If you have a tracheostomy tube without an inner tube, you or your caregiver must be able to reinsert the tracheostomy tube without help during an emergency.
2. Suction the tracheostomy tube as needed prior to placing the Provox HME Cassette Adaptor.
3. Slide the 15mm ISO end of the Provox HME Cassette Adaptor onto the 15mm connector of the trach tube while holding the neck flange steady. The Provox HME Cassette Adaptor should be flat against the neck flange.
4. Work with your clinician to decide on the best type of Provox Xtra HME for you:
  - Provox XtraMoist™ HME - better moisture and airflow. It is closest to normal function of the nose.
  - Provox XtraFlow™ HME - better airflow. Great to use when exercising, just starting to use an HME and for those that prefer less resistance.
5. Insert the HME cassette into the cassette holder. It is important that you wear an HME 24 hours per day and 7 days per week (24/7).
6. Xtra HME cassettes are not reusable and cannot be rinsed out. It will wash away the special salt that retains moisture.

7. Change your Xtra HME at least once every 24 hours or more often if it has become clogged with mucus.
8. If your cuff is deflated or you have a cuffless tracheostomy tube, you can push the center of the Xtra HME to speak.
9. If you require oxygen, place the trach collar over the tracheostomy tube as you normally do. Be sure to remove the moist air from the oxygen as it can cause the HME to become too wet.

## Keeping Track of Changes in your Breathing, Coughing and Mucus

It may take days or up to 4 weeks of using a Provox Xtra HME 24/7 to see less coughing and mucus. It is normal to notice more mucus when you first start wearing the HME.

1. Keep track of the number of times you cough per day on day 7, 14, 21 and 28. Write it on the chart below.

	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	

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