

# QUAKE® device

## What is the Quake device?

The Quake is a device that loosens mucus to help you get it out of your lungs.

## How often and when do I use it?

Your healthcare provider will explain how to use the device and will have you try it before going home. You will also be told how often to use the Quake. It is used 2 to 4 times each day, for 15 minutes each time.



## Steps to follow

1. Wash your hands.
2. Sit up in a chair in a comfortable position. You need to be able to take big breaths. You may use a table in front of you to rest your elbows.
3. Put the Quake in your mouth with lips closed tight around the mouthpiece.
4. Turn the handle as you take in a deep breath. Hold your breath for 2 to 3 seconds. Turn the handle faster or slower so you feel the most vibration in your chest. You can turn the handle in either direction. You do not need to turn the handle while you hold your breath.
5. Turn the handle as you blow the air out. Blow out with a little bit of force. Keep your cheeks flat as you blow out. If needed, hold your cheeks with your fingers to do this.
6. Continue to turn the handle as you breathe in and out. Repeat steps 4 and 5 for about 10 breaths. Remember to hold your breath each time you breathe in.
7. Take the Quake out of your mouth. Take in a deep breath and blow out forcefully to help loosen mucus. Now do huff coughs to bring the mucus out.
8. Repeat these steps until the 15 minute treatment is done.

## How do I clean the Quake?

### Clean the Quake after every treatment

1. Turn the handle so the handle lines up with one of the seams.
2. Pull the handle off the body of the Quake. Hold the blue body firmly and pull the handle.
3. Wash both parts in warm soapy water.
4. Disinfect in the top shelf of the dishwasher, boil in tap water for 10 minutes, or use an electric steam baby bottle sterilizer. (Do not use a microwave sterilizer). Follow the directions on the packaging.
5. Always air dry on a clean towel.
6. When dry, line up the handle with one of the seams. Snap the handle into place.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**