

Speaking Hands-Free

Provox® FreeHands FlexiVoice™

A speaking valve and heat and moisture exchanger (HME) with both automatic and manual occlusion.

1. Choose the speaking valve with the appropriate strength

- Four speaking valves are available with four different strengths
 - 1 dot = Light membrane*
 - 2 dots = Medium membrane*
 - 3 dots = Strong membrane*
 - 4 dots = Extra Strong membrane

*included in the starter set

- The Medium strength speaking valve is the most common choice.
- If it takes too much effort to close, try the Light strength.
- If it closes too easily, try the Strong strength.
- During exercise, a stronger membrane may be necessary.

2. Practice using the Provox FreeHands FlexiVoice speaking valve

- Attach a Provox® FreeHands HME® to your FlexiVoice.
- Attach Provox FlexiVoice to your adhesive or stomal attachment.
- Practice rotating Provox FlexiVoice from the Lock Mode to the Automatic Speaking Mode by turning the speaking valve toward your left shoulder.

Tip: Rotating the device to Lock Mode should only be done during inhalation or when holding your breath (during exhalation the hook could miss the loop).

- Rotate speaking valve into Automatic Speaking Mode and initiate gentle continuous speech (counting, casual conversation). You may need to use less pressure when speaking to avoid the membrane blowing out and/or loosening the adhesive.

Tip: You may need to coordinate inhalation and exhalation to sustain closure of the of the membrane during speaking.

Tip: You may experience a temporary “turbulence” if the membrane is not fully open or closed. This may be remedied with a quick exhalation to fully close the membrane prior to speaking.



3. Practice manual occlusion

- Place your finger or thumb over the opening of the speaking valve and begin voicing. Be sure not to press too hard.

Tip: Manual occlusion is possible in both the Lock Mode and Automatic Speaking Mode.

Tip: Using manual occlusion can help prolong the duration of your Provox® Adhesive seal.



4. Practice coughing and popping out the membrane

- With the speaking valve in Automatic Speaking Mode, produce a strong cough that makes the membrane pop out.
- With your finger, gently put the membrane back in place. You may need a mirror.



5. Apply the Provox® Freehands Flexivoice™ Arch accessory (optional)

- Make sure the Arch is horizontal and above the opening to allow for manual occlusion and for pushing the membrane back after coughing.
- Push down on the ring firmly (not on the bar).



6. Change the FreeHands HME at least every 24 hours

- Use the HME Removal Aid (optional) to grasp the HME.
- Squeeze slightly and the HME will crack and come off.



Warning: Do not wear your FlexiVoice during the night.