

It is important to use a Provox® Life™ heat and moisture exchanger (HME) 24 hours a day, 7 days a week. Most people who consistently use HMEs day and night experience fewer problems with coughing and mucus production.

HMEs can be considered your “new nose”.

After your laryngectomy, you no longer breathe through your nose and mouth. As a result, the air is not heated, filtered or moisturized before it reaches the lungs. This can affect how well you breathe and how your lungs function. It can also result in more mucus production, coughing or mucus plugs. An HME is designed to help your lungs by warming and humidifying the air. It functions like your nose did before your surgery. It also adds slight resistance for breathing to help your lungs function well.

► **Your clinician can help you choose which Provox Life HMEs will be best for the different situations and activities in your life.**

There are several choices of high-performing HMEs to provide the right balance between high humidification (which can reduce coughing and mucus production) and greater breathability (for when you are more active.)



► **Keep track of the changes in your pulmonary symptoms on the log below:**

It may take days or weeks of continuous HME use (24 hours a day, 7 days a week) before you start to notice a reduction in coughing and mucus production. In the beginning, it may seem to increase. This is normal.

Write down the number of coughs per day before you start using HMEs (Day 0). Then, write down the number of coughs after using the HME on days 7, 14, 21 and 28. Your coughing should diminish. If it does not, consult your clinician.

| Days of HME use ► | Day 0 (Before HME use) | Day 7 | Day 14 | Day 21 | Day 28 |
|--------------------|------------------------|-------|--------|--------|--------|
| Number of coughs ► | | | | | |

Data on file



HME Quick Facts

- HMEs are single-use devices – use each one time and dispose of it.
- An HME should not be used longer than 24 hours and is not reusable. Change your HME if it becomes clogged with mucus.
- Do not rinse the HME in water or any other solution as this will substantially reduce the function and can increase the risk of infections due to bacteria growth.
- HMEs also help keep larger particles out of your lungs, such as insects or crumbs from eating.

► **All Provox Life HMEs and attachments are fully compatible to allow you to create personalized solutions.**

- Simply select the best HME for your situation or activity. Your clinician can help you select the right HME for different situations.
- To open a Provox Life HME, push your thumbnail into through the top to break the seal, then turn the pod over and use your thumb to push the HME out of the package.

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|-------------|-------------------------------------------------------------------------------------|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| ☀️ Daytime |  | Provox® Life™ Home HME | Home HME is designed to improve lung health when taking it easy. |  |  |
| |  | Provox® Life™ Go HME | Go HME is designed to help make it easier to breathe when going out or engaging in daily activities. |  |  |
| 🌙 Nighttime |  | Provox® Life™ Night HME | Night HME has excellent humidification – designed to reduce coughing and provide a better opportunity for more restful nights. |  |  |
| 🚴 Specialty |  | Provox® Life™ Energy HME | Energy HME provides low breathing resistance for physical activity. |  |  |
| |  | Provox® Life™ Protect HME | Protect HME not only heats and humidifies the air, but is also an effective bacteria, virus, dust and pollen filter.* |  |  |
| |  | Provox® Life™ FreeHands HME | FreeHands HME offers the freedom to speak both hands-free and with finger occlusion when combined with Provox® FreeHands FlexiVoice™. |  |  |

* **Please note:** Since pathogens can enter and leave the human body in other ways (such as the mouth, nose, and eyes) Provox® Life™ Protect HME can never guarantee complete protection. Please read the Instructions for Use for guidance. Provox® Life™ Protect HME filtration capacity may vary depending on the size, shape and speed of airborne particles.

Tip: When removing your HME, use one hand to hold the Provox® Life™ Adhesive or Provox® Life™ LaryTube™ in place. With your other hand, lift the HME up from one edge, like opening a door.

Tip: When attaching your HME, use one hand to hold the Provox Life Adhesive or Provox Life LaryTube in place. With your other hand, attach your HME to the SecureFit™ coupling – the click ensures it is secure.

Tip: Provox Life HMEs are individually packaged for improved hygiene, easy dispensing and good portability when on the go. Environmentally-friendly, color-coded packaging allows for easy product identification.