

RC-Cornet/Cornet PLUS

Information for patients



leeds children's
hospital

caring about children

This leaflet is about an airway clearance device called the cornet that is used as part of physiotherapy treatment in respiratory disease. It is aimed at children/young adults/ carers/ parents and is given with the device to help them understand how the cornet works and how to clean it.

How does it work?

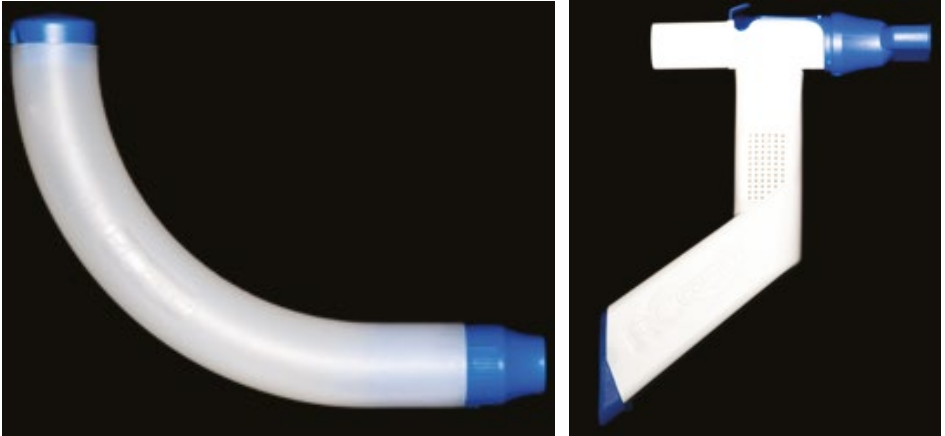
This device is a positive expiratory pressure device (PEP) that combines PEP and vibration to help loosen sputum so that it can be cleared more easily.

The patient breathes out through a curved plastic tube and a flexible hose, causing vibrations that are transmitted to the lungs. This causes intermittent resistance which helps keep your airways open and allows air to get behind and loosen the sputum.

Preparation

- Insert the inner hose using the introducing aid.
- Make sure the cornet is on the correct setting by turning the blue mouthpiece so that the line matches up with the level you have been advised to use.

Different types of RC- cornets



How to use the RC-Cornet

Take any inhalers/nebulisers as advised by your physiotherapist before you start your airway clearance to help prepare your airways.

Treatment should be carried out in relaxed sitting position or in different positions as advised by your physiotherapist.

1. Place the mouthpiece in your mouth and create a seal around it with your lips.
2. Slowly take a bigger breath in than normal through your nose/mouth then pause for 2-3 seconds.
3. Breathe out through the mouthpiece as far as is comfortable using a slightly stronger breath out than normal, but not too forceful.
4. Try to tighten your cheeks during the breath out so that the vibrations from the device are transmitted to your airways.
5. Take any nebulisers/ inhalers after your airway clearance as prescribed.

Please bring your Cornet to clinic with you on a regular basis so that your physiotherapist can check whether it is in working order and review your technique.

Cleaning the RC-cornet

Please read the manufacturers cleaning instructions in the leaflet enclosed in the pack with the device.

RC-Cornet in sections



Contact us

If you have any questions please contact your physiotherapist on:

- **Telephone: 0113 392 7125**
(Answering machine available).

What did you think of your care? Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/ - *Your views matter*

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