Provox® XtraHME™ - Let’s get Started

After your laryngectomy, the function of the nose and upper airways are lost because you are breathing through your tracheostoma instead of your nose. The air you breathe is not warmed or humidified, often resulting in increased sputum production and coughing. In order to compensate for the humidifying effect your upper airway used to provide, you now need a Heat Moisture Exchanger (HME). The HME is placed over your stoma and held in place by an adhesive or a stomal attachment. The HME conditions and humidifies your airway - close to what your nose once did. Most people who consistently use the Provox Heat and Moisture Exchanger (HME) 24/7 often experience fewer problems with coughing and mucus production.1,2

1. Work with your clinician to find a stomal attachment that works best for you:
   • Try different types and shapes of adhesives to find the best fit
   • Try other attachment methods such as a Provox LaryTube™ or Provox LaryButton™
2. Work with your clinician to determine the most effective HME:
   • Provox XtraMoist HME™ - humidification is improved and good airflow is maintained; closest to normal nasal function
   • Provox XtraFlow HME™ - delivers superior airflow; great to use when exercising, adapting to using an HME, and for those that prefer lower resistance breathing.
3. Keep track of the changes in your pulmonary symptoms:
   It may take some days or weeks of continuous HME use (24 hours a day, 7 days a week) before you start to feel the reduction in coughing and mucus production. In the beginning, it may seem to increase. This is normal.
   Write down the number of your coughs per day before you start using the HME. Now 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 healthcare provider.

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<thead>
<tr>
<th></th>
<th>Number of coughs</th>
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<tbody>
<tr>
<td>Before HME use</td>
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<tr>
<td>Day 7 of HME use</td>
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<td>Day 14 of HME use</td>
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<td>Day 21 of HME use</td>
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<td>Day 28 of HME use</td>
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4. Use the Provox HME correctly:
   • The HME cassette is not reusable and cannot be rinsed in water or any other solution - this washes out the special salt essential for HME effectiveness.
   • Use the Provox HME 24 hours a day 7 days a week, just like your nose.
   • Change your Provox HME at least every 24 hours or more often if it has become clogged with mucus.