

Provox FreeHands FlexiVoice

A speaking valve and Heat and Moisture Exchanger (HME) with both automatic and manual occlusion.

Step 1: Choose the speaking valve with the appropriate strength

- 3 speaking valves with 3 different strengths
 - 1 dot = Light membrane
 - 2 dots = Medium membrane
 - 3 dots = Strong membrane



- 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 speaking valve
- During exercise a stronger membrane may be necessary.

Step 2: Practice using your FlexiVoice speaking valve

- Attach a FreeHands HME to your FlexiVoice
- Practice rotating Provox FlexiVoice from the Lock Mode to the Automatic Speaking Mode by turning the top of the speaking valve.

Tip: Rotating the device to Lock Mode is only possible during inhalation or when holding your breath (during exhalation the hook could miss the loop)

- Attach your FlexiVoice to your stoma
- Rotate speaking valve into Automatic Speaking Mode and initiate gentle continuous speech (counting, casual conversation)

Step 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.



Step 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.



Step 5: Apply the 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)



Step 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.



Tip: Do not wear your FlexiVoice during the night. Use a Provox XtraHME (XtraMoist or XtraFlow) instead