

Speaking hands-free

Provox® FreeHands FlexiVoice™

Provox FreeHands FlexiVoice is a speaking valve and heat and moisture exchanger (HME). The speaking valve allows the flexibility of speaking hands-free or with finger occlusion.

1. Work with your healthcare provider to find the appropriate strength(s) to fit your needs.
 - Four speaking valves are available with four different strengths
 - 1 dot = Light membrane
 - 2 dots = Medium membrane (most common choice)
 - 3 dots = Strong membrane
 - 4 dots = Extra Strong membrane
 - Starting with the Medium strength speaking valve is recommended when first trying FlexiVoice.
 - If Medium takes too much effort to close, or if the membrane doesn't close completely, try the Light strength.
 - If Medium closes too easily, try the Strong strength.
 - A stronger membrane than usual may be required when you are more active.
2. Practice using the Provox FreeHands FlexiVoice speaking valve.
 - Attach FlexiVoice to your adhesive or stomal attachment.
 - Practice switching FlexiVoice from the locked mode to the automatic speaking mode by turning the speaking valve toward your left shoulder.

Tip: Turning the device to locked mode should only be done while inhaling or when holding your breath (during exhalation the hook could miss the loop).

Tip: 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 practice coordinating your breathing with your speaking to make sure the membrane is fully closed when talking. Exhale steadily when speaking to keep the membrane closed. If the membrane doesn't close fully, try a quick breath out to close the membrane before speaking.



Provox® Stabilibase™
with Provox
FreeHands FlexiVoice



Provox FreeHands
FlexiVoice with
Strong membrane



Automatic speaking
mode allows the
membrane to open
and close



Locked mode holds
the membrane open

Tip: You may hear air escaping or the membrane might temporarily “flutter” if the membrane is not fully open or closed. This may be remedied with a quick breath out 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 speaking. Be sure not to press too hard.

Tip: Manual occlusion is possible in both the locked mode and automatic speaking mode.

Tip: Using manual occlusion (instead of hands-free speech only) can help prolong the duration of your Provox® adhesive seal while using FlexiVoice.

4. Practice coughing and intentionally 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 into place. You may need a mirror.

5. Add the Provox® Freehands FlexiVoice™ Arch accessory (optional)

- Designed to prevent fabric from accidentally occluding the opening of the FlexiVoice speaking valve.
- Push down on the base firmly (not on the crossbar) to attach.
- Make sure the Arch is horizontal and above the opening to allow for manual occlusion and for pushing the membrane back after coughing.

6. Change the FreeHands HME at least every 24 hours

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

Warning: Do not wear your Provox FreeHands FlexiVoice while sleeping.

Provox® Luna® HME and adhesive are available for nighttime use and comfort. Talk to your clinician to see if Luna is right for you.



Manual occlusion with FlexiVoice



FlexiVoice with membrane pop out



Provox Freehands Flexivoice Arch



Removal Aid