

## Baby/Infant PEP

PEP stands for Positive Expiratory Pressure. PEP creates a small pressure within the tubes of the lungs that holds them open. It allows fast moving air to stir up the mucous and encourages it to come higher up. This means that when you huff and cough you will clear more. Baby PEP can be used in addition to percussion and active play as part of your daily physiotherapy routine.



Toddlers should continue to use Baby PEP combined with exercise blowing games and huffing to vary routine and make physiotherapy more fun and effective.

### How to use Baby PEP

- Choose a time when your baby is relaxed and comfortable-never straight after a feed.
- Set up your Baby PEP mask and valve as shown by your CF specialist Physiotherapist.
- Place the mask firmly but gently over your baby's mouth and nose
- At first aim for just a few breaths with the mask on followed by a short time off whilst your baby gets used to the technique.
- Then aim to build up to a minute on/minute off, or longer if your baby is happy and comfortable.
- Aim to use your Baby PEP for at least one session a day, or more often if your baby has a cough or your CF specialist physiotherapist has advised this.
- Bring your baby PEP set to each CF clinic appointment for the CF.

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For more information on airway clearance:  
[http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy\\_airway%20clearance\\_v4\\_Apr\\_2013.pdf](http://www.cysticfibrosis.org.uk/media/151218/FS%20%20-Physiotherapy_airway%20clearance_v4_Apr_2013.pdf)

### Things to remember

- If prescribed, take DNase at least 1 hour before physio.
- Make sure you have taken any 'blue' inhalers, known as bronchodilators around 10 minutes prior to physio.
- If prescribed, take nebulised antibiotics eg colomycin after your physio session.

### Cleaning:-

- After **every use** take the PEP apart
- Wash in hot soapy water.
- Rinse and leave to air dry between uses.
- Sterilise once a week.
- Please contact one of your local physiotherapists if you notice any defects with any part of your PEP.

### Your physiotherapy routine

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