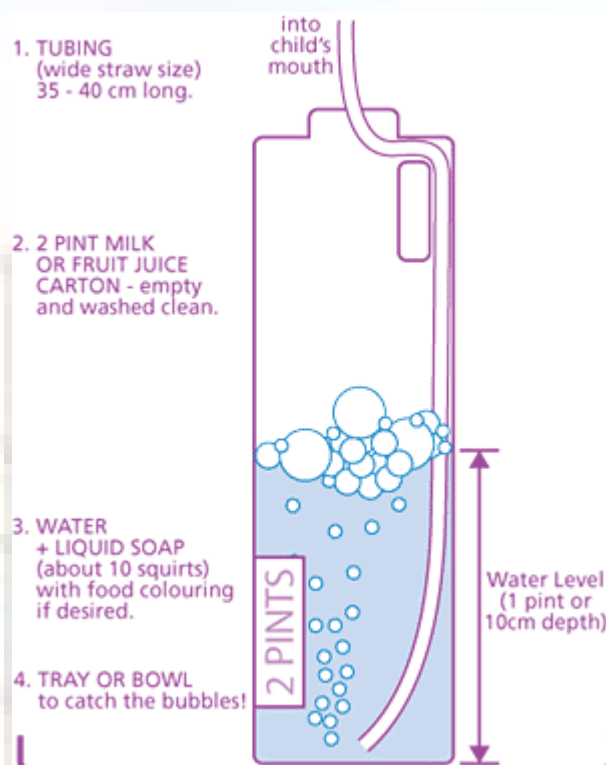


Bubble PEP

PEP stands for positive expiratory pressure. Bubble PEP is a treatment to help you with a build-up of phlegm (secretions) on your lungs in order to get your lungs clear.

- Blow into the tubing. Make sure the tubing stays close to the bottom.
- Make the blow as even and as long as possible to make as many bubbles as possible with each breath. Fill your tray/bowl with bubbles!
- Do 5 -10 breaths then stop and do a huff and then a cough. Don't take too many deep breaths at once- you may feel dizzy.
- Continue for 10 – 15minutes, if at that time you have not heard any crackles or if your cough is dry then stop.
- If your cough is still wet or productive then continue until secretions lessen or stop. This can sometimes take around 30-40 minutes.



Things to remember

- If prescribed, take DNase at least 1 -2 hours before physio.
- Make sure you have taken any 'blue' inhalers, known as bronchodilators around 10minutes prior to physio.
- For a change you can add food colour to the water.
- Always blow - **don't** suck, washing up liquid tastes horrid!
- If prescribed, take nebulised Colomycin/Promixin after physio session.

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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

Cleaning:-

- Tip out all the water and wash the bottle and tubing in warm soapy water.
- Rinse and leave to air dry between uses.
- Replace with a new bottle and tubing at least weekly.

Your physiotherapy routine

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