

Flutter

The Flutter (also known as 'OPEP') is a treatment for children and adults who need help to clear secretions/mucus from their lungs.

It is a pipe shaped device which is made up of 4 parts: a mouthpiece, a steel ball which sits in a cone and a cover with small holes/perforations



How does it work?

When you breathe out through the Flutter the air in the airways vibrates as the ball rises and falls. This loosens mucus away from the airway walls. The Flutter increases the pressure in the airways, keeping them open as you breathe out and helping air to get behind the secretions and allow them to move upwards. This allows the air to get faster as you breathe out which also helps to unstick mucus from the walls of your airways.

How to use your Flutter

- Sit in a comfortable upright position-it helps to have your elbows resting on a table
- Put the Flutter in your mouth over your teeth so that it rests on your tongue, and form a good seal around it with your lips.
- Slowly breathe in through your nose, taking a slightly deeper breath than normal.
- Pause for 2-3 seconds to allow the air to fill your lungs
- Breathe out through the Flutter, adjusting the angle you tip it at until you feel the most 'fluttering' or vibration in your chest.
- Do 8-10 breaths in through your nose, out through your Flutter. Try not to cough!
- Take the Flutter out of your mouth and do 1-2 'huffs' like you have practiced with your physiotherapist.

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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

- Cough to clear any mucus you have loosened and then do some relaxed breathing for 10-20 seconds. Repeat your 8 breaths then huffs and a cough at least 3 times or until your chest feels clear. Check with your physiotherapist how long this should take.

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 10minutes prior to physio.
- If prescribed, take nebulised antibiotics eg colomycin after your physio session.

Cleaning:-

- After **every use** take the Flutter 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 Flutter.

Your physiotherapy routine

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