

## 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.



- In sitting, lying down or in a position advised by your physiotherapist.
- Take a slow, big breath in filling your lungs from the bottom.
- Slowly breathe out into your PEP. Aim for pressures between 10-20 (15 is perfect!) for most of the breath out.
- Keep the breath smooth and don't rush.
- Keep blowing until you can't blow anymore.
- Aim to breathe out for at least 3 seconds and work on increasing that.
- Complete 5-10 breaths and then huff and cough.
- Repeat until your chest is clear, at least 3 times.

### 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.

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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)

**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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