



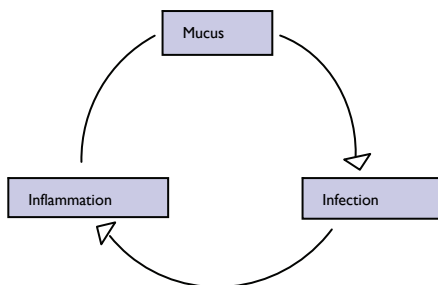
Flutter®

Patient Education

Airway Clearance

Introduction

Airway clearance techniques (ACT's) are treatments that help people with cystic fibrosis (CF) stay healthy and breathe easier. ACT's loosen thick, sticky lung mucus so it can be cleared by coughing or huffing. Clearing the airways reduces lung infections and improves lung function.



Special points of interest:

- ☛ You adjust the position of the Flutter to where you feel the most vibrations in your chest.
- ☛ Flutter® should be cleaned by rinsing out in soapy water after each use, then disinfecting according to instructions given for nebulizer (do not microwave the silver ball).
- ☛ If you lose or break part of the Flutter®, you have to buy a whole new device (they do not make replacement parts), SO BE CAREFUL!

Flutter® Instruction

Stage 1:

Loosen and mobilize mucus

1. Slowly inhale beyond a normal breath, but do not fill lungs completely.
2. Hold breath for 2 to 3 seconds.
3. Place Flutter® in mouth, adjust tilt, keep cheeks stiff.
4. Exhale through Flutter® at a reasonably fast, but not too forceful speed.
5. Exhale beyond a normal breath, but do not empty lungs completely.
6. Attempt to suppress cough.
7. Repeat steps 1 through 6 for 5 TO 10 BREATHS

Stage 2:

Mucus elimination

8. Slowly inhale, filling lungs completely.
9. Hold breath for 2 to 3 seconds.
10. Place Flutter® in mouth, adjust tilt, keep cheeks stiff.
11. Exhale forcefully through Flutter® as completely as possible.
12. Repeat steps 8 through 11 for 1 TO 2 BREATHS
13. Initiate cough or "huff" maneuver. Return to step 1 and repeat full sequence until lungs are clear or therapy is over.



Correct way the Flutter® is to be held.

Oscillating Positive Expiratory Pressure (Oscillating PEP) is an ACT where the person blows all the way out many time through a device. Types of Oscillating PEP devices include Flutter® and Acapella®. Breathing with these devices vibrates the large and small airways. This vibration thins, dislodges and moves mucus. After blowing through the device many time, the person coughs or huffs*. This cycle is repeated

***Huff Maneuver—** take a big breath through nose, open mouth and blow quickly in a short burst. This helps move the mucus up the airway before coughing.

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