



Positive Expiratory Pressure (PEP)

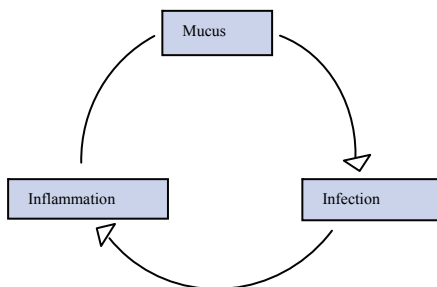
Patient Education

Airway Clearance

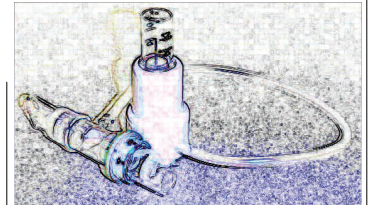
PEP Instruction

Introduction

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



1. Breathe in more deeply than usual but you are not to fill your lungs completely.
2. After you breathe in, **hold your breath** for 2-3 seconds.
3. Then breathe out slowly. Breathe out slowly. Breathe out 3-4 times longer than you are breathing in.
4. Do **2-3** huff coughs* followed by a clearing cough.
5. Repeat cycle **6 times**.
6. Treatment should last 12-20 minutes and should be done twice daily (or as instructed by physician).
7. PEP should be cleaned after each use by rinsing in soapy water, then disinfecting according to instructions given for nebulizer.



Picture of PEP with pressure manometer.

Positive Expiratory Pressure (PEP) Therapy gets air into the lungs and behind the mucus using extra (collateral) airways. PEP holds airways open, keeping them from closing. A PEP system includes a mask or mouthpiece attached to a resistor set by your CF care team. The person breathes in normally and breathes out a little harder against the resistance.

***Huff Cough**— 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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