

How to use your Bottle PEP

The Bottle PEP creates a force (back pressure) and vibrations from breathing. When you blow into the tubing, the flem/spit moves up into the windpipe where it can be coughed out.



Set up:

- Fill up the bottle with water to about a third to half way.
- Put the tubing in so it touches the bottom of the bottle.

Technique:

1. Take a deep breath in.
2. Blow out into the tubing for about 4 seconds. The water will bubble.
3. Blow as many breaths until you need a rest.
4. 'Huff' into the huff tube.
5. Cough and spit if needed.
6. Repeat again.
7. Do for minutes.

Cleaning and sterilisation:

1. Separate tube and bottle after each use and empty the bottle.
2. Wash it with warm soapy water, rinse with tap water and leave it apart to air dry.
3. Place tubing and bottle for 10 minutes in boiling water once every 2 weeks.
4. Each time you visit your physiotherapist or health worker, ask for a new Bottle PEP.

