



Keeping our mob healthy

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.



Government of Western Australia Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

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 $\ensuremath{\mathbb{C}}$ State of Western Australia, Child and Adolescent Health Service.