

Bubble PEP

Before you start:

- ☺ If prescribed, take DNase at least 1 -2 hours before physio.
- ☺ Make sure you have taken any 'blue' inhalers, known as bronchodilators, (e.g. salbutamol or bricanyl) at least 10 minutes before physio.

What You Need

- 1) An empty plastic drinks bottle with a flat base
- 2) A piece of tubing about 70cms long – green oxygen tubing is very good! - or a long straw
- 3) A plastic tray or large bowl – this can be a messy business!

What you do

- 1) Draw a line 15cms up the bottle.
If under five or not well 10cms might be enough discuss this with your physio.
- 2) Fill the bottle with water up to the line add a little drop of washing up liquid
- 3) Put the tubing in – make sure it reaches to the bottom

You are now ready to go!

- 1) Blow into the tubing. make sure the tubing stays close to the bottom.
- 2) Make the blow as even and as long as possible to make as many bubbles as possible with each breath. Fill your tray/bowl with bubbles!
- 3) Do 5 -10 breathes then stop and do a huff and then a cough. Don't take too many deep breathes at once - you may feel dizzy.

- ★ Continue for 10-15 minutes, if at that time you have not heard any crackles or if your cough is dry you may stop.
- ★ If you still have a productive cough continue until secretions lessen or stop. This can sometimes take 30-45 minutes

For a change you can add food colour to the water.

Always blow - don't suck washing up liquid is horrid!

After use:-

- ☺ If prescribed, take nebulised colomycin/promixin now.
- ☺ Make sure you have taken all other prescribed inhalers after physio.

Cleaning: -

- ☺ Tip out all the water and wash the bottle and tubing in warm soapy water.
- ☺ Rinse and leave to air dry between uses.
- ☺ Replace with a new bottle and tubing regularly.

If you are unwell please contact us so we can take a sputum sample or cough swab.

CYSTIC FIBROSIS PHYSIOTHERAPISTS Tel 0117 342 8191

