

The Flutter

The Flutter® is a hand held plastic 'pipe' that contains a stainless steel ball bearing. The ball bearing moves rapidly as you breathe out creating a positive expiratory pressure and a vibrating sensation in your chest.

The vibratory effect helps to 'unstick' secretions and the positive pressure helps the airways to stay open to help sputum move in to the larger airways so it can be coughed up. It is important to keep your cheeks flat and firm to keep the vibrations in your chest.

Before you start:

- ☺ If prescribed, take DNase at least 1-2 hours before you plan to do some physio.
- ☺ Make sure you have taken any 'blue' inhalers, known as bronchodilators, for example salbutamol or bricanyl.

How to use the Flutter®.

- ★ Sit in a comfortable upright position.
- ★ Breath in through your nose and **hold a full breath** for a count of 2-3 seconds.
- ★ Breath out **completely** through the flutter®. Try to feel where the secretions are.
- ★ Initially the flutter should be held in a horizontal position to clear the large airways.
- ★ Secretions should be easily cleared with 1-2 effective coughs
- ★ Continue to work secretions from the smallest to the largest airways by altering the angle of the flutter.
 - ★ The flutter **tipped up** towards your nose -small airways
 - ★ The flutter **tipped slightly up** - middle airways
 - ★ The flutter **held horizontally** - large airways

After use:-

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

Cleaning:-

- ☺ Open the flutter and remove the ball and plastic holder.
- ☺ Wash all parts in warm soapy water, rinse and leave to air dry between uses.
- ☺ Once a week boil all parts in a pan of water for 10 minutes and air dry.

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