

Physio and PEP

'PEP' stands for Positive Expiratory Pressure. PEP creates a small pressure within the tubes of the lungs that holds them open. It allows fast moving air to stir up the mucus and encourages it to come higher up. This means that when you huff and cough you will clear more

PEP masks can be used to help clear secretions from the lungs in conditions such as CF. The mask looks a bit like a pilot's facemask. It is soft and comfortable and is held over your mouth and nose whilst breathing

The first time the physio brings the mask she will try a selection of resistors to find a comfortable and effective setting for you. When breathing through the mask you should feel that it is a slight effort to breathe out

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 at least 10 minutes before physio.

HOW TO USE YOUR PEP MASK

- PEP should be done **sitting** with your elbows supported on a table
 - Hold the mask firmly over your mouth and nose.
 - Breathe normally, **DO NOT** force your breaths out. On breathing out you should see the needle on the dial reach 15. Then make the needle try to stay there **for as long as is comfortable**.
 - To be fully effective you must take 6 - 10 breathes **WITHOUT** taking the mask away from your face.
 - After 6 - 10 breathes follow with a gentle, active huff + a cough
- This makes up **ONE CYCLE** of PEP.

Do as many cycles as necessary to clear your lungs, **at least 10 MINUTES** and up to 30 MINUTES or more if there are still secretions coming up.

Less when dry..... more when productive

After physio:-

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

Cleaning: -

- ☺ Clean the mask with a 'dettox' style wipe after each use.
- ☺ The dial and tubing can also be wiped.
- ☺ Once a week dismantle the facemask and resistors and sterilize by boiling in a pan of water for 10 minutes.

If you are unwell please contact us so we can take a sputum sample or cough swab.
CYSTIC FIBROSIS PHYSIOTHERAPISTS Tel 0117 342 8191