

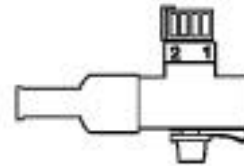
Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# PEP Therapy

## What is PEP therapy?

**PEP (Positive Expiratory Pressure) therapy helps you clear mucus. It can be used with or instead of CPT (chest physiotherapy).**

When you do a session of PEP therapy, you breathe out through a PEP device. The device makes you use pressure to breathe out. This keeps your airways open longer. Mucus moves more easily through open airways. You will learn special ways to cough that will help get the mucus out.



When you do a session of PEP therapy, you breathe out through a PEP device.

## What's special about PEP therapy?

- You do PEP treatments on yourself.
- PEP treatments take only 20 minutes. CPT can take 30 to 45 minutes.
- The one to four treatments a day can be done alone or with CPT, a vest or other device.
- PEP therapy can be done at the same time as an SVN (small volume nebulizer) or MDI (metered dose inhaler) treatment.

- The PEP device is small, not expensive, and easy to carry with you. You need a new one every 6 to 12 months.
- Studies show PEP therapy clears mucus from your lungs well, if you do it right.

## **How to use a PEP device**

Your respiratory therapist, nurse, or doctor will teach you how to use the PEP device.

1. Sit up.
2. Breathe in slow and deep.
3. Hold your breath for 2 to 3 seconds.
4. Close your lips around the PEP device. You may use a nose clip, if you want.
5. Slowly breathe out air through the PEP device.
6. Repeat for 8 to 10 breaths.
7. Cough with a “huff” 2 or 3 times, to help get the mucus out.  
Huff the air out, like you were trying to fog a mirror.
8. Repeat these steps 4 to 6 times.

## **Now that you’ve read this:**

- Show your respiratory therapist, nurse, or doctor how you use the PEP device. (Check when done.)
- Tell your respiratory therapist, nurse, or doctor when you will use the PEP device. (Check when done.)



**If you have any questions or concerns,**  
 call your child's doctor or  call \_\_\_\_\_

**If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
www.phoenixchildrenshospital.com**

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, October 12, 2004 • DRAFT to family review  
#202 • Written by Ron Evans, RCP • Illustrated by Dennis Swain



Name of Health Care Provider: \_\_\_\_\_ Number: 202

For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

**Health care providers:** Please teach families with this handout.

**Families:** Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

**Is there anything you don't like about the drawings?**

Yes  No

**If yes, what?**

**What changes would you make in this handout to make it better or easier to understand?**

**Please return your review of this handout to your nurse or doctor or send it to the address below.**

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**Thank you for helping us!**