



Vibrating PEP Therapy

Your doctor has prescribed this therapy to help clear mucus from your lungs. It is best to work with a respiratory therapist or other healthcare provider when starting this therapy. The instructions below will help you do the therapy at home.

Instructions:

- Sit in a comfortable, upright position.
- Hold the device level with the floor.
- Take a deeper than normal breath.
- Hold it for 2 to 3 seconds. Do not close off your throat.
- Put the mouthpiece in your mouth and close your lips tight.
- Breathe out through the mouthpiece. Push with your stomach muscles.
- You should feel your chest vibrating as you blow.
- Continue blowing out until the end of your normal size breath.

For Best Therapy:

- Blow slow and steady through out the breath
- Keep your cheeks tight
- Do not blow out as far as you possibly can; just to the end of your normal breath
- Put one hand over your chest to feel for vibrations
- If you do not feel them, change how the device is positioned or change how hard you are blowing out.
- After 5 breaths, cough up any mucus you feel in your breathing tubes

How Long:

- You should do about 5 breaths on the device
- Do not over exert yourself. You should not be out of breath when you are done.
- Do at least 3 cycles of breathing
- Your doctor will tell you how many times each day.