

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 hour before physio
- Make sure you have taken any bronchodilators prescribed (e.g. Salbutamol / Bricanyl / Symbicort) at least 10 minutes before physio
- You can do your hypertonic saline before using the Flutter to aid clearance

How to use the Flutter®

- ★ Sit in a comfortable upright position
- ★ Take a slightly bigger breath in and **pause with a full breath** for a count of 2-3 seconds
- ★ Breathe out **almost completely** through the Flutter®. You can alter the angle of the Flutter® to get the maximum flutter/vibration effect in your chest
- ★ After ___ breaths, stop and try 1-2 huffs
- ★ Secretions should be cleared with 1-2 effective coughs if present
- ★ Do at least 3 cycles of ___ breaths
- ★ Continue if you are still productive after 3 cycles. Stop if your cough is dry, chest feels clear or you are too tired to continue (if this is the case you should try to do short sessions more frequently during the day.)

After use:

- If prescribed, take any nebulised / inhaled antibiotics

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