

Pari-PEP



Positive Expiratory Pressure or 'PEP' can be used to help clear secretions from the lungs in conditions such as CF.

When breathing through the Pari-PEP you should feel that it is a slight effort to breathe out. This creates a pressure within the airways of the lungs which holds them open. This helps sputum move in to the larger airways so it can be coughed and cleared. This means that when you huff and cough you will clear more.

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 Pari-PEP to aid clearance

How to use the Pari-PEP®

- ★ Used either sitting or lying down
- ★ The physio will have adjusted the resistance appropriately (hole size)
- ★ Take a slightly bigger breath in and **pause with a full breath** for a count of 2-3 seconds
- ★ Breathe out **gently and almost completely** through the Pari-PEP®. The dial should reach between 15-20mmHg. You need to make the needle stay at this point for as long as comfortable.
- ★ 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:-

- Take the Pari-PEP apart, wipe down the dial and tubing. Clean all other parts in warm soapy water, rinse and leave to air dry
- Once a week boil all parts (except tubing and dial) in a pan of water for 10 minutes and air dry