

Child health information factsheet

Bubble positive expiratory pressure (PEP)

PEP is a pressure that helps to keep the airways in your lungs open.

Your physiotherapist will explain and show you how to do bubble PEP but this is a reminder for you.

This should encourage coughing and clearing of secretions.

It can also be used to help keep floppy airways open.

Set up

You will need a plastic milk bottle, some tubing, water, washing up liquid and a tray or bowl.

- Fill a plastic milk bottle with five to ten centimetres of water and a few squirts of liquid soap or washing up liquid
- Put the plastic tubing into the water through the handle of the bottle
- Put the bottle into a tray or bowl as it may get messy.

Treatment

- Take a breath in without the tubing in your mouth then blow a long slow breath out through the tubing
- Blow out ___ times, rest, then repeat ___ times or until your cough is clear
- Aim to get the bubbles out the top of the bottle
- The tubing, bottle and tray should be washed out and left to dry until next time
- Replace the equipment as needed.

Note to parents or carers,

- Do not let your child suck up the water through the tubing
- If you notice blood in the secretions stop and discuss with a health professional
- If your child suddenly becomes breathless or has chest pain stop and seek help immediately.

If you have any questions or concerns please contact

The paediatric physiotherapy department, B level, west wing
Southampton General Hospital: 023 8079 4560

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023 8079 4688 for help.**