

Patient information factsheet

How to use your PEP

Which device do you have?



Pari PEP



PEP mask



Manometer

What is PEP?

Positive expiratory pressure (PEP) is a technique that applies a 'back pressure' to the airways as you breathe out. This helps to open up airways to allow air to get behind phlegm and move it higher up the airway so you can then cough it out more easily.

The starting settings of your PEP will be advised by your physiotherapist and you will be shown how to change the settings if needed at home.

Please bring your PEP and manometer with you to your clinic appointments so we can check your technique.

How to use your PEP

PEP is usually done in a seated position, but you may be advised to use other positions by your physiotherapist to aid clearance of your phlegm.

The PEP device should be used with the breathing technique advised by your physiotherapist.

As you breathe out through the PEP, aim to reach and keep at a pressure of 15-20cm H₂O for three to five seconds.

Follow the cycle with one or two huffs or a huff and a cough to clear your phlegm if needed and then relax your breathing and rest between cycles. Repeat this cycle until your chest feels clear or you are tired.

