

Patient information factsheet

How to use your PEP

This factsheet explains what the PEP technique is and how to use your PEP device safely at home.

Which device do you have?



Pari PEP



PEP mask



Manometer

What is PEP?

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

The PEP equipment consists of a facemask with a range of coloured expiratory resistors and a manometer (pressure gauge). The manometer checks the pressure at which you are breathing out.

Your physiotherapist will advise your PEP starting settings and they will show you 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 your physiotherapist may advise you to use other positions to aid clearance of your phlegm.

Your physiotherapist will advise which breathing technique you should use with your PEP device.

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

