

Ambu Bag: User Guide

Information for patients, parents and carers

Name of device: Ambu Bag

Brand name: Laerdal®



What does it do?

Breath stacking is a technique you can use regularly to clear secretions. When your respiratory muscles are weak, the ambu bag can help you to get more air into the airways as you breathe in. The ambu bag can help keep the lung and chest wall flexible and makes it easier for you to cough effectively and for you to cough up lung secretions.

The device consists of an ambu bag, which connects with a facemask or mouthpiece. The one-way valve allows air to flow into you, without air from you re-entering the bag. The design of the connector allows for more flexibility and enables the delivery of care in various positions.

How is it given?

Your parent, assistant or carer can help you to take deep breaths by holding and pressing the ambu bag. You can practice this technique daily to clear secretions.

Procedure

1. Sit up straight with your back and head supported
2. Put the mouthpiece in your mouth or hold the facemask firmly to have a good seal with your face
3. If your assistant is holding the bag, you should coordinate your breath with them. It is ideal for the person helping you to stand behind in order to keep a good seal with the mask and your face
4. Take a deep breath in, timed in 3 small stages, while your assistant squeezes the bag. Hold the breath for 3 seconds
5. Remove the mask and breathe out
6. Repeat the whole process 3-4 times to complete each breath stacking cycle. Do 1 cycle when you feel well and 3 cycles when you feel unwell.

Important points

This is not for resuscitation.

Only use this device if advised by your physiotherapist since it is not suitable for all respiratory conditions.

Do not share the ambu bag with other people because of the infection risk.

The facemask or mouthpiece should be washed once a week with soap, rinsed in warm water and naturally dried before use.

Contact Telephone Numbers

If you have any concerns, contact:

Physiotherapy Department, Royal Hospital for Children and Young People, Edinburgh
Telephone: **0131 312 1079**

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50 Little France Crescent
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