

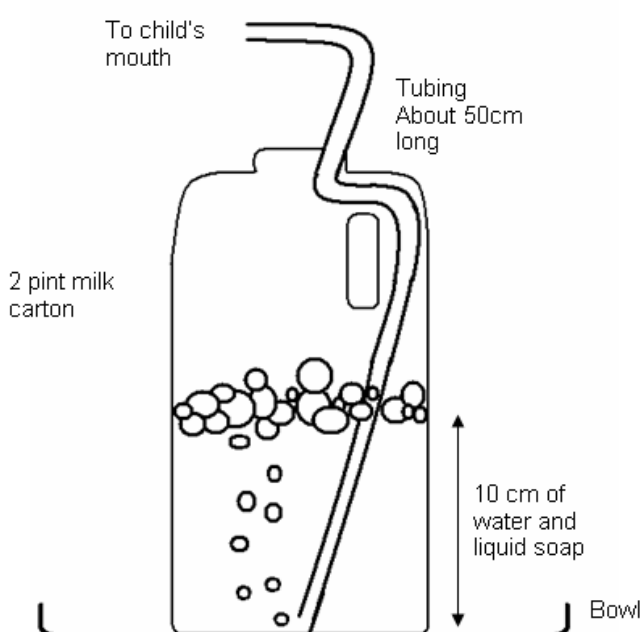
Bubble PEP (Positive Expiratory Pressure)

Information for parents and carers

What is Bubble PEP (Positive Expiratory Pressure)?

Bubble PEP is a treatment for children who need help to clear secretions (sputum/phlegm) from their lungs. It is a fun way of doing their “chest physiotherapy” / airway clearance.

What does Bubble PEP consist of?



How does it work?

The end of the tube is under the water which creates positive pressure as your child blows against it. Make sure the tube is at the bottom of the bottle to generate the correct pressure. This pressure holds open your child's airways and allows air to move behind any secretions, these two things improve airflow which helps move secretions up their airways, to a point where they can huff or cough them out. The vibrations caused by making the bubbles also helps thin and loosen the secretions, making them easier to clear.

How do I use it?

Your physiotherapist will teach you how to do Bubble PEP and will advise you how often your child needs to do it. This leaflet is to remind you what they said and any specific information relating to your child.

Your child needs to breathe in, through their nose if possible, and breathe out through the tubing. Repeat this 10-15 times. Each breath should be slightly bigger than their normal breath size, and both the “in and out breaths” should be done slowly and not rushed. The bubbles will rise to the top of the bottle and pour out into the tray.

After the 10-15 blows they should remove the tube and have a rest for a few seconds.

They should then do 3-5 huffs using the white Peak Flow tube to “shoot” cotton wool balls. If they have moved any secretions into their mouth, encourage them to spit these out. They should then rest again for a few seconds.

Breaths your child should do in a row: _____ Breaths

Followed by: _____ Huffs

Cycles of breaths: _____ Cycles

Number of sessions a day: _____ Times

If your child becomes unwell, your physiotherapist will suggest doing more cycles at each treatment session, or do more sessions in a day. Discuss it with them.

How to clean your Bubble PEP

Your physiotherapist will advise you about cleaning and replacing your Bubble PEP, and the advice may change, so do discuss it with them at clinic visits. You should always empty and clean the bottle and tubing in hot soapy water after each use and leave to air dry. Hang the tubing up by the middle so any water can come out. The bottle and tubing may be cold water sterilised with an appropriate solution at least weekly or more frequently. Your physiotherapist may suggest changing the tubing and bottle weekly if you do not sterilise it.

Things to look out for

The following are exceedingly rare events, however you should stop your child doing Bubble PEP if they suddenly become short of breath, experience any pain, or you notice any significant change to the colour of their sputum.

Contact information

If you have any concerns, contact Physiotherapy, Therapies Reception at Royal Hospital for Children and Young People on **0131 312 1079**.

Royal Hospital for Children and Young People

50 Little France Crescent

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