

Bubble PEP (page 1 of 2)



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What is bubble PEP?

PEP stands for Positive Expiratory Pressure. Bubble PEP is a treatment to help children who have a build up of mucus (secretions) in their lungs. During treatment, your child will be encouraged to blow big bubbles through water.

How to do bubble PEP treatment

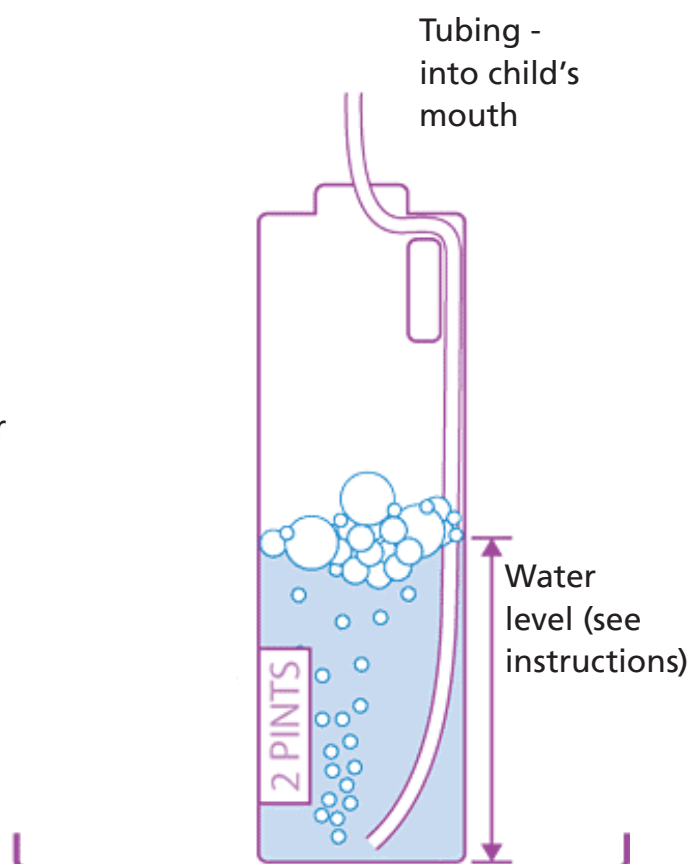
Your physiotherapist will show you how to do bubble PEP. This guide is a reminder for you.

What equipment do I need?

1. A clean, 2 pint plastic, milk or fruit juice bottle with a flat base.
2. A piece of tubing about 70cm long - green oxygen tubing is very good. Your physio can give you some of this.
3. A plastic tray or container that can get wet - PEP can be a messy business!

Instructions

- Draw a line (permanent markers are good) 15cm up the bottle if your child is under the age of 5, or is not well, 10cm might be enough. If your child is a teenager 20cm might be better - discuss this with your physiotherapist
- Fill the bottle with water up to this line and add a squirt of washing up liquid
- Put the tubing in, making sure it reaches the bottom



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What does my child have to do?

- breathe in and blow carefully into the tubing. Make sure that the tubing stays close to the bottom
- make the breath as even and as long as possible
- make as many bubbles as possible with each breath. The bubbles may go over the top of the bottle which is why you need a tray
- do 5 breaths then stop and do a 'huff' and a cough if necessary •
- continue for 5 or 10 minutes.

Some helpful hints

- for a change you could add food colour to the water
- always tell your child to blow, **not** suck - washing up liquid is horrid
- don't let you child take too many deep breathes together as they will feel dizzy
- you could use the tubing to bubble PEP in bath water with bubble bath.