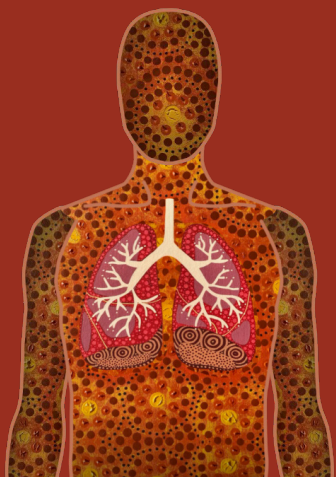


ACTIVE CYCLE OF BREATHING TECHNIQUE (ACBT)



Ask at the clinic if your lung medicines should be used before doing ACBT.

With your mouth wide open.
Huff – 2 or 3 times.



Relax for a few breaths.



Have a big breath.
When your lungs feel full – hold your breath for a few seconds.
Let all of the air out.
Repeat 5 times.



Relax for a few breaths.