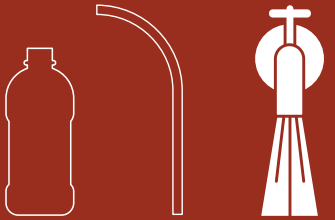


BOTTLE PEP BREATHING

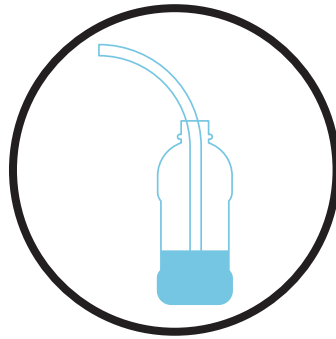
What you will need



Clear Bottle

Wide Plastic Tubing

Water



Pour up to 10cm of water into bottle. Add tubing.

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



Relax for a few breaths.



Blow bubbles in water for about 10 breaths.



Relax for a few breaths.

Do it again until your cough is dry



Blow bubbles in water for about 10 breaths.



Wash the bottle, tubing and hands with warm water and soap.



Have a strong cough into a tissue.



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