

Let's Talk About...

Using an Aerobika® OPEP device: Clearing mucus from the lungs

If your child has cystic fibrosis or another lung condition that makes it difficult to cough up mucus, they may benefit from an oscillating positive expiratory pressure (OPEP) treatment.

What is an OPEP device?

A handheld OPEP device allows air to get in and behind the mucus. It uses oscillating positive expiratory pressure to clear mucus from your child's airways. As your child breathes out through the OPEP device, they will feel pulses that loosen and move the mucus from the smaller to larger airways.

The Aerobika® OPEP device creates positive pressure, like the pressure that holds a balloon open when you blow it up. This positive pressure opens the airways in your child's lungs. The combination of oscillation and positive expiratory pressure makes it easier for your child to cough up the mucus.

Why does my child need to use an OPEP device?

An OPEP device can help children who have cystic fibrosis or another lung condition that makes it difficult to cough up mucus. It opens their airways and helps loosen and move mucus to the upper airways so they can cough or huff cough it out. It can help your child stay healthy and breathe easier.

How does my child use an Aerobika® OPEP device?

Have your child follow these instructions:

- 1 Select the most positive (+) resistance setting tolerated (Higher pressure, lower frequency/slower oscillations).



- 2 Place the mouthpiece lightly in your mouth between your teeth and create a tight seal on the mouthpiece while breathing in. You may use nose clips to make it easier to breathe through your mouth.
- 3 Using diaphragmatic breathing, take a larger-than-normal breath (but do not fill your lungs completely).
- 4 Hold your breath for 3 seconds.

