Let's Talk About ...

Using a Pari PEP™ device: Clearing mucus from the lungs

Your child may benefit from positive expiratory pressure (PEP) treatments if they have cystic fibrosis or other lung conditions that make it difficult to cough up mucus.

What is a Pari PEP™ device?

A handheld Pari PEP device allows air to get in and behind the mucus. It holds the airways open using positive expiratory pressure to help clear mucus from your child's airways. As your child breathes out through a resistor in the PEP device, the resistance creates this positive expiratory pressure. This is like the pressure that holds a balloon open when you blow it up. It can make it easier for your child to cough up mucus.

Why does my child need to use a PEP device?

Children who have lung conditions that make it difficult to cough up mucus, such as cystic fibrosis or bronchiectasis, use a PEP device to open their airways. It also moves mucus to the upper airways so your child can cough it out. A PEP device can help your child stay healthy and breathe easier.

How does my child use a Pari PEP™ device?

Have your child follow these instructions:

1 Choose the proper resistance range for the desired inhale/exhale ratio of 1:4. Turning the device to a lower number increases the resistance, allowing for a longer exhalation time.



- **2** Sit comfortably with elbows resting on a table.
- 3 Put the mouthpiece in your mouth with your teeth resting gently around it. If you are using a mask, put it over your nose and mouth with no leaks. Lean slightly forward. Maintain a tight seal while breathing out. Use a nose clip if necessary.
- **4** Using diaphragmatic breathing, take in a larger-than-normal breath (but do not fill your lungs completely).
- **5** Hold your breath for 3 seconds.
- **6** Exhale actively, but not too forcefully, through the device for 3–4 seconds. Keep the top of the blue indicator between the lines of the pressure monitor.
- **7** To achieve the best results, keep your cheeks as hard and flat as possible. Holding your cheeks lightly may help you learn the technique.
- **8** Take 10-15 breaths. Remove the mouthpiece and perform huffs or the active cycle of breathing technique (ACBT).
- **9** Repeat these steps for a 30-minute airway clearance session.

How do I clean and disinfect the Pari PEP™ device?

You will need to clean and disinfect the Pari PEP device after each use.

- Clean the Pari PEP device in liquid dish soap and hot water.
- To disinfect the Pari PEP device, boil it for 5 minutes. You can also use the sanitize feature on a dishwasher to both clean and disinfect the PEP device.
- Air dry completely after each use.

What if I have questions about the Pari PEP™ device?

If you have questions about using or cleaning the Pari PEP device, contact your child's healthcare provider.



Notes			

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