



A guide to completing bubble PEP

What is bubble PEP?

PEP stands for positive expiratory pressure (PEP), which means that you blow out against resistance and keep some air in your lungs.

Bubble PEP is often used for children who have:

- a build-up of sputum (phlegm) in their lungs
- floppy airways
- reduced lung volumes
- a weak cough or after surgery

How bubble PEP works

During the treatment your child will blow down the tube to make bubbles in the water. This creates positive pressure back up the tube and into your child's airways and lungs. This holds open your child's airways.

It allows more air to move in and out of their lungs, which moves phlegm upwards from the lungs into the airways, so it can be coughed up.

Risks of bubble PEP

There have been no reported risks associated with the use of bubble PEP.

It is very important that the equipment is kept clean, and that fresh water is used to prevent infections.

Make sure that you supervise your child at all times when completing bubble PEP, and make sure that they do not drink the water. If you are using bubble PEP in hospital and have concerns it is making your child breathless or unwell, please alert your nurse.

If you are using bubble PEP at home and have an unusual increase in respiratory symptoms contact your GP or go to your nearest emergency department (A&E).

How to complete bubble PEP

Your physiotherapist will teach you how. This information can be used as a reminder when you complete bubble PEP with your child.

Bubble PEP preparation

1. Put 700ml of water in the bottle.
2. Cut the tubing in half and put 1 end into the water through the hole in the bottle.
3. Place the bottle into a tray or bowl.

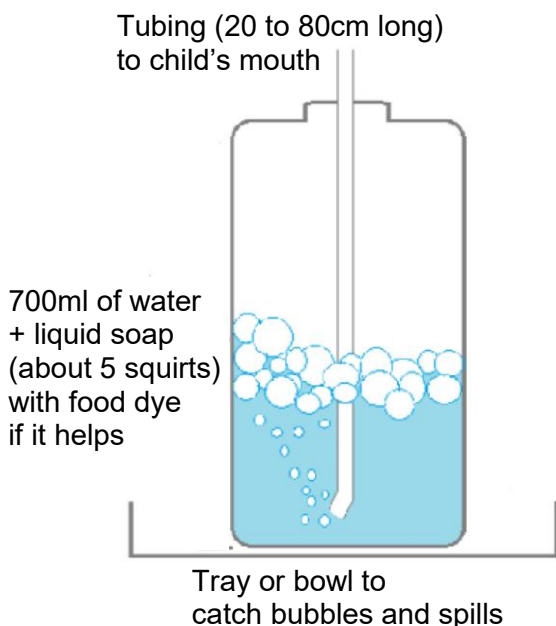
Bubble PEP technique

1. Take in a deep breath of air (not through the tube).
2. Blow out through the tube into the water to make bubbles. The breath out should be as strong and long as possible.
3. Repeat this times (this is 1 cycle).
4. After each cycle ask your child to 'huff' (a forceful breath out of your mouth in 1 quick burst. Imagine you are steaming up a window with your breath).

Your child should be encouraged to cough and clear their phlegm.

Repeat steps 1 to 4 times each session.

Complete bubble PEP as above with your child times each day.



Tips to make it FUN!!

- Colour the water with food dye (child safe, non-toxic).
- Add soap to create bubble volcano.
- Use sticker charts for sessions completed.
- Have competitions with family or friends.

Cleaning

The equipment should be washed out with warm soapy water every day, and left to drip dry.

It should be stored in a clean place between use.

If the bottle begins to look discoloured or smells, despite washing, or starts to leak, please contact us for a replacement.

Prescription

Date

Breaths

Cycles

Complete_times each day

People taught
.....
.....

Taught by:

Print name

Signature

Grade

Phone

Contact us

If you have any questions or concerns about using bubble PEP, please contact the physiotherapy team,

phone 020 7188 4660, Monday to Friday, 8:30am to 6pm.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London medicines helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline,

phone 020 7188 3003, Monday to Friday, 10am to 5pm

Language and accessible support services

If you need an interpreter or information about your child's care in a different language or format, please contact the department where they have the appointment.

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