

## Autogenic Drainage (AD)

**Medications prior to AD:** \_\_\_\_\_

**Position:** \_\_\_\_\_

Clear the nose as much as possible before commencing AD.

Position yourself comfortably, with the neck and shoulders relaxed, to assist with a good breathing pattern.

### ***Breathing:***

Stage one:

Breathe in slowly through the nose

Hold the breath for \_\_\_\_\_ seconds (with the upper airways open)

Breathe out through the mouth / nose as far as possible without coughing (use a breathing tube in mouth if instructed)

Breathe in a **small** amount of air, hold the breath, breathe out \*

Suppress the cough if possible

Repeat **small** breaths until crackles are heard in the lungs at the end of the breath out

Stage two:

Continue the same breathing pattern but with **medium** size breaths

Repeat **medium** sized breaths until the sputum feels that it is in the centre of the chest

Suppress the cough if possible

Stage three:

Continue the same breathing pattern but with **large** breaths

Try to stay in this stage until the sputum is ready to come out with one good cough

\*For all 3 stages, the breath out is similar to a gentle huff.