

Medications prior to bottle PEP: _____

Set up:

Fill the bottle with water to the level indicated.

Place the tubing in the bottle so it is close to the bottom.

Sit with good posture with the bottle supported on a table/your hand.

Breathing:

1. Take a moderate size breath in (*do not breathe in through the tubing*)
2. Breathe out through the tubing as instructed
3. Repeat for _____ breaths

This is one cycle.

Breathe quietly before commencing another cycle.

Prescription:

4. Repeat the cycle _____ times
5. Huff after _____ cycles / at the end of all of the cycles
6. Perform this routine _____ times per day.
7. (When you are unwell you may need to add another session).

After each use, empty and wash the bottle and tubing.

Notes: _____
