Medications prior to PEP:

Resistor size: 1.5  2.0  2.5  3.0  3.5  4.0

Breathing technique:

- Sit with good posture with the neck and shoulders relaxed
- With hands resting on a table, lower your head into the mask
- Breathe in slowly and a little more than normal
- Breathe into the mask, with some pressure, as instructed
- Repeat for _______ breaths

This is one cycle.

Breathe quietly before commencing another cycle.

Prescription:

- Repeat the cycle _______ times
- Huff _______ times after _______ cycles / at the end of the session
- Perform all of the prescribed cycles and huffs _______ times per day
- If your symptoms deteriorate increase to _______ sessions per day

At the end of every session wash the device as per the manufacturers’ instructions and store it in a clean container.

Notes: ________________________________________________