



Mouthpiece PEP

Medications prior to PEP: _____

Device Setting: 1.5 2.0 2.5 3.0 3.5 4.0

Position(s): _____

Breathing technique:

Sit with good posture with the neck and shoulders relaxed
Breathe in slowly and a little more than normal
Blow into the mouthpiece, 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: _____