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:** ____________________________________________