POSITIVE EXPIRATORY PRESSURE (PEP) MASK

The PEP mask helps you clear mucus from your airways. Please bring your PEP mask with you to any clinics or hospital visits.

Instructions:
1. You will receive an Ambu-face mask and PariPEP resistor with manometer.
2. Sit with your back straight and elbows resting on a table. (Your Physiotherapist may use some alternate positions to encourage ventilation to different regions of your lungs).
3. Hold the PEP mask tight against your face with both hands. If your child is very young, we may perform PEP sitting on the parent’s lap with the parent holding PEP mask tight against child’s face.
4. Breathe in a normal sized breath volume (using abdominal breathing) through the PEP mask. Then Breathe out actively (but not forced) against the PEP mask, to create a back pressure of between 10-20 cm of water as measured by the manometer. This is repeated for ______ breaths, breathing at a normal respiratory rate. The breath out through the PEP mask should take 3-4 seconds.
5. Take the PEP mask off and do _____ “huffs.” Cough and spit out any of the mucus.
6. Take a break for 1-2 minutes and focus on relaxed abdominal breathing.
7. Repeat these steps _____ times.
8. A PEP mask physiotherapy treatment session should take at least 20 minutes.

Pari PEP
Physiotherapy Advisory Group

Cleaning Nebulizer and Airway Clearance Equipment at Home

To prevent infections caused by contaminated equipment used in the home, it should be cleaned and disinfected regularly. Equipment must be cleaned thoroughly to remove all debris before disinfecting. After cleaning with mild soap and water, disinfect either by immersion in cold disinfectants or by heat, if permissible by the manufacturer. Proper hand hygiene is required prior to all equipment handling. Please follow your CF team recommendations for proper hand washing technique.

Review Infection Control plan with your Physiotherapist.

____________________________________________________________________________________

“Clean Nebulizer & Airway Clearance Equipment After Each Use”

Take the device apart.
Wash the pieces in mild dish soap and water.
Rinse all the pieces in sterile water*
Place the pieces on a clean dry towel and air dry.
Store the device in a sealed plastic bag.

____________________________________________________________________________________

“Sterilize Nebulizer&Airway Clearance Equipment As Soon As Possible After Each Use”

Take the device apart.
Wash all the pieces in mild soap and water.
Choose heat or cold sterilizing by one of the following methods:

Heat sterilizing (if allowed by equipment manufacturer)
- Boil for at least 10 minutes OR
- Microwave (2.45GHz) for 5 minutes OR
- Dishwasher, if temperature is >70°C >158F, for 30 minutes OR
- Electric steam sterilizer

OR

Cold sterilizing
- Soak in 70% isopropyl alcohol for 5 minutes OR
  Soak in 3% Hydrogen peroxide for 30 minutes OR
- Then rinse all the pieces in sterile water*

After sterilizing equipment, place the pieces on a clean dry towel to air-dry, then store the device in a sealed plastic bag.
CF Canada does not support the use of vinegar or bleach as an effective disinfecting agent for patients with Cystic Fibrosis.

____________________________________________________________________________________

*Sterile water can be bought or made by boiling tap water for 15 minutes then cooling. Discard after use.
<table>
<thead>
<tr>
<th></th>
<th>Astra Tech - PEP/RMT™</th>
<th>TheraPEP®</th>
<th>PariPEP™/PariPEP™S</th>
<th>Flutter Valve</th>
<th>acapella® choice</th>
<th>LC Plus®/LC® Star/LC® Sprint</th>
<th>eFlow® rapid/eFlow® Altera</th>
</tr>
</thead>
<tbody>
<tr>
<td>3% Hydrogen peroxide*</td>
<td>Ok</td>
<td>Ok</td>
<td>Ok</td>
<td>Ok</td>
<td>Ok</td>
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<tr>
<td>70% Alcohol*</td>
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<td>Ok</td>
<td>Ok</td>
<td>Ok</td>
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<td>Ok</td>
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<tr>
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<td>Ok</td>
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</tr>
<tr>
<td>Dishwasher</td>
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<td>NO</td>
<td></td>
<td>Ok</td>
<td>Ok</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Rinse all the pieces in sterile water after sterilizing
○ Empty boxes indicate information could not be confirmed

Follow all instructions provided by the manufacturer to maintain respiratory equipment used for airway clearance:

AstraTech PEP:
TheraPEP:
PariPEP/PariPEP-S:
Flutter:
Acapella:
Pari LC nebulisers:
E-flow: