

What are the risks of Bubble Pep?

It is very important that the equipment is kept clean to prevent infection.

There have been no reported problems with the use of Bubble PEP. However, if you are worried about your child's chest, it is important that you contact your doctor or physiotherapist without delay, especially if they become short of breath, have chest pain or are coughing up blood.

Reference source

- www.gosh.nhs.uk/medical-conditions/procedures-and-treatments/bubble-pep

We hope this booklet has been of help to you. For further information please do not hesitate to contact your physiotherapist.

This leaflet was written by the Paediatric Physiotherapy Team at Royal Surrey County Hospital.

Contact details

We hope this information has been helpful to you. If you require further information, please call:

Physiotherapy Department: 01483 464153

Hascombe Ward: 01483 464071

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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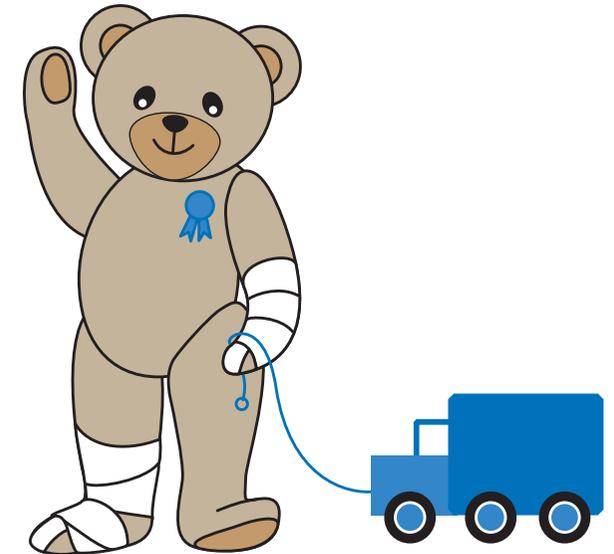
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Bubble PEP

Physiotherapy Department



Patient information leaflet

This booklet is designed for parents of children who have been advised to use Bubble PEP as part of their chest physiotherapy programme.

It includes general information and advice and may help to answer some of the questions that can arise.

What is bubble PEP?

PEP stands for Positive Expiratory Pressure. Bubble PEP is a treatment to help children who have a build up of phlegm (mucus/secretions) in their lungs. Bubble PEP is used for any child who has difficulty clearing phlegm, most commonly those who have Cystic Fibrosis (CF), a chest infection, or after surgery. During the treatment, your child will be encouraged to blow bubbles through water.

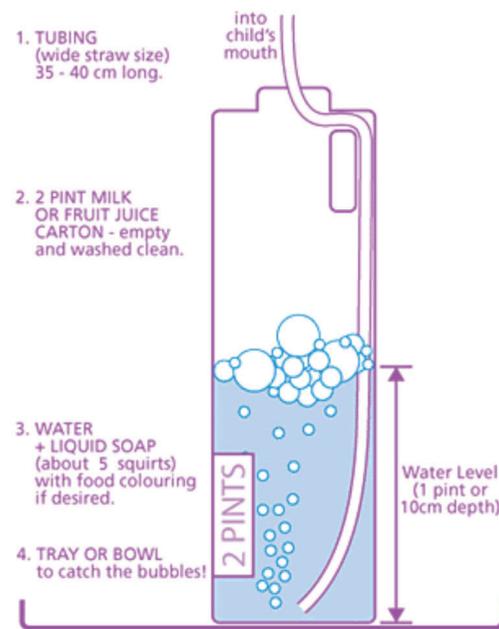
How does bubble PEP work?

Your child will be encouraged to blow down the tubing into the water to make bubbles. This creates positive pressure back up the tubing and into your child's airways and lungs.

As the pressure holds your child's airways open, it allows more air to move in and out of their lungs. The air flow helps to move the phlegm from the lungs into the airways. From here it can be coughed up. This is the aim of the treatment.

How to do Bubble PEP?

Equipment:



What preparation is required?

1. Fill the bottle with water up to a water depth of _____cm
2. Add about 5 squirts of liquid soap
3. Put the plastic tubing into the water so it is resting against the bottom. If you are using a 2 pint container you can pass it through the handle of the bottle.
4. Place the bottle into a tray or bowl.

How do I administer the treatment?

1. Ask your child to take a breath in and blow out through the tubing, into the water to create bubbles. The breath out should be for as long as possible. The aim is that the bubbles come out of the top!
2. Repeat for _____ breaths.
3. Ask your child to huff (forced expiratory technique) and cough to clear the phlegm, as taught by your physiotherapist. Encourage your child to cough out the phlegm rather than swallow it.

This is one cycle.

4. Repeat this cycle (steps 1-3) _____ times in total with a few minutes break in between.
5. The tubing, bottle and tray should be washed out and left to dry, or dried with a disposable towel and stored in a clean place until next time.

You should throw the bottle and tubing away, replacing it with clean equipment, at least once a week.

Storing

Do not store the Bubble PEP on a windowsill or in direct sunlight. When it is dry, you should either wrap it in a lint-free cloth, or put it in a clean plastic container with a lid. This is to keep it in a dust-free environment.