



## Patient Information

# Using your Flutter to Clear your Chest

### How does the Flutter work?

When you breathe out through the Flutter pressure builds up in your lungs. This helps to keep the airways open wide and also allows air to get behind sputum and help move it upwards. The vibrations transmitted through the chest wall by the action of the steel ball also help to loosen sputum from the sides of the airways.

### Using the Flutter

A member of the team will show you how to use the Flutter. This guide is a reminder for you.

1. Take your reliever inhaler (Salbutamol / Bricanyl) 10 minutes before starting treatment.
2. Treatment can be carried out in sitting or a forward lean position.
3. Relax your stomach muscles and take a few normal breaths before using the Flutter.
4. Close your lips around the mouthpiece of the Flutter, making sure there is a good seal.
5. Take a slightly bigger than normal breath in through your nose and then breathe out through the Flutter. You should feel vibrations on your chest wall, not your cheeks.
6. Repeat eight to ten times.
7. Take one large breath and blow out forcefully through the flutter.
8. Following this, you should put the flutter down and huff and cough to clear any sputum. You should then have a period of relaxed breathing before repeating.

This cycle should continue until you have cleared all your sputum. Repeat morning and night routinely and add in during the day if you have increased sputum production. You can alter the angle of the Flutter to feel the vibrations in different regions of your lungs.

### Cleaning the Flutter

The Flutter should be taken apart, cleaned in hot soapy water and dried thoroughly every day. Replace your Flutter regularly via a prescription from your General Practitioner (GP).

For further information please talk to your Physiotherapist or ring the office on 01793 605126 – Monday to Friday 8:00-16:30 -this has an answerphone service if the office is unmanned.



# Using your Flutter to Clear your Chest

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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