



Bubble PEP Information for Families

What is bubble PEP?

PEP stands for Positive Expiratory Pressure. Bubble PEP is a treatment to help children who have a build-up of sputum (phlegm) in their lungs.

Bubble PEP is used for any child who has difficulty clearing phlegm, most commonly those who have cystic fibrosis (CF) or after surgery. During treatment, your child will be encouraged to blow big bubbles through water – which is fun for them! Treatment is explained in the next section; and the equipment used is shown in the diagram below.

How does bubble PEP work?

Your child will be encouraged to blow down the tubing into the water, and make bubbles. This creates positive pressure back up the tubing and into your child's airways and lungs. As the pressure holds open your child's airways, it helps more air to move in and out of their lungs. The air flow helps to move sputum out of the lungs into the airways. From here, it can be coughed up (cleared), which is the aim of treatment.

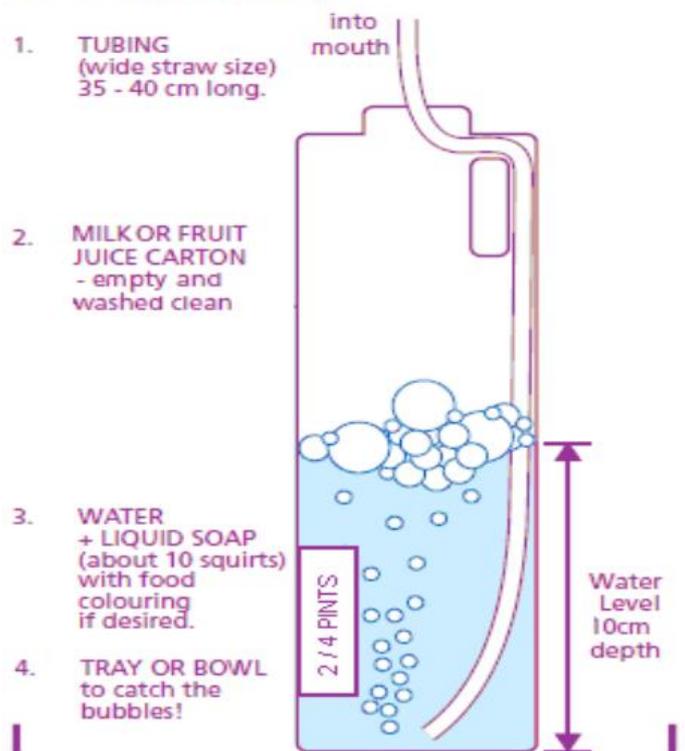
Preparation:

- One pint or 10cm depth of water. When your child is old enough (to know not to drink through the tubing), 5 squirts of liquid soap plus food colouring may be added if you want coloured bubbles.
- Put the plastic tubing into the water, through the handle of the bottle.
- Put the bottle into a tray or bowl.

How to do bubble PEP treatment

Your physiotherapist will show you how to do bubble PEP. This guide is a reminder for you. If you have any queries or concerns regarding the information in this leaflet please contact the Acute Physiotherapy Team on 01793 605126 (8:30 – 16:30 Monday – Friday).

Bubble PEP Equipment





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Bubble PEP Treatment

- 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 long and controlled. Aim to get the bubbles out of the top of the bottle each time – it may be messy and should be fun!
- Repeat ___ times. This is one cycle.
- Ask your child to huff (forced expiration technique) and cough to clear the phlegm, as taught by your physiotherapist. Encourage your child to cough the phlegm up and spit it out rather than swallow it.
- Repeat this cycle (steps 1 - 3) ___times in total.
- 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 used. 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 and keep it in a dust-free environment.

Risks of bubble PEP

As with all airway clearance devices it is very important that equipment is kept clean to prevent infection. There have been no reported problems with the use of bubble PEP or any other airway clearance techniques. However, if you are worried about your child's chest, especially if they become short of breath, have chest pain or are coughing up blood, it is important that you contact us without delay.

From 1st January 2019 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

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