

UNIVERSITY HOSPITAL LLANDOUGH

ALL WALES ADULT CYSTIC FIBROSIS CENTRE

The Pari PEP

The Pari PEP (positive expiratory pressure) is a mouthpiece fitted with an inspiratory valve and an expiratory port, the size of which can be adjusted. The Pari PEP is designed to stop your airways closing or narrowing when you breathe out. By keeping your airways open secretions will be easier to cough up and clear. The mouthpiece works by creating a resistance against you breathing out. This resistance can be adjusted by selecting different hole sizes on the expiratory port of the device. The correct hole size will be selected with help from your physiotherapists; you should maintain a pressure of 10-20cmH₂O during the majority of exhalation.



How to use your Pari PEP

- Select the correct hole size on the expiratory port
- Sit comfortably in an upright or leaning forward position

- Form a good seal with your lips around the mouthpiece of the Pari PEP
- Breathe in through your nose or mouth slowly (a slightly deeper than normal breath, but not a full deep breath) and hold for 2-3 seconds
- Breathe out actively but not forcefully. If you have the manometer (pressure gauge) attached, you should be aiming to achieve a steady pressure of 10-20cmH₂O throughout the breath out
- Take 10-15 breaths as described above
- Huff twice either through the mouthpiece or without it (your physiotherapist will advise you which)
- Cough and clear your secretions
- Repeat as necessary up to 15 minutes per treatment session

Cleaning your Pari PEP

Take apart the Pari PEP into its four individual components.

Soak all of the components in soapy water and then dry.

We recommend washing the Pari PEP after every treatment..

STOP IF

You develop new symptoms such as increased shortness of breath, chest pain or tightness or blood in your secretions. Seek advice from your physiotherapists immediately.

If you require any further information regarding the Pari PEP or any other physiotherapy techniques please do not hesitate to contact us -:

Physiotherapy team
Adult Cystic Fibrosis Centre
University Hospital Llandough
Penlan Road
Penarth
CF64 2XX

Tel: 029 20716841 or 029 20711711 and ask for bleep 4989.