

UNIVERSITY HOSPITAL LLANDOUGH

ALL WALES ADULT CYSTIC FIBROSIS CENTRE

The PEP Mask

The positive expiratory pressure mask (PEP) is a mask fitted with an inspiratory valve and an expiratory valve containing a resistor (See fig. 1). The PEP mask 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 mask works by creating a resistance against you breathing out. This resistance can be adjusted with different size resistors or valves (see below). The correct resistor is selected with help from your physiotherapists; you should maintain a pressure of 10-20cmH₂O during the majority of exhalation.



How to use your PEP mask

- Insert the correct size resistor to the expiratory port
- Sit comfortably in an upright or leaning forward position
- Place the mask over your nose and mouth and produce a good seal around your cheeks

- 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
- Take 10-15 breaths as described above
- Huff twice either through the mask 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 PEP mask

Remove the inspiratory and expiratory valve from the mask

The resistor can be soaked in soapy water and then dried

The mask can be wiped with antiseptic wipes and then dried thoroughly

Clean your PEP mask 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 PEP or any other physiotherapy techniques please do not hesitate to contact me -:

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