

TheraPEP®

Purpose

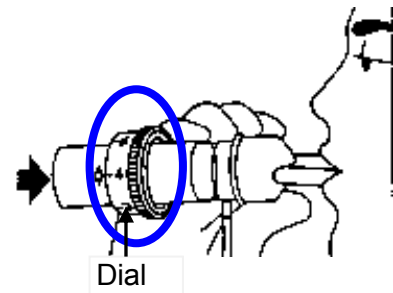
Positive Expiratory Pressure Therapy (PEP) helps to open up your child's airways. When the airways are open it is easier for your child to get rid of secretions.

Supplies needed

- TheraPEP
- Aerosol nebulizer (if needed)

Setting the blue dial

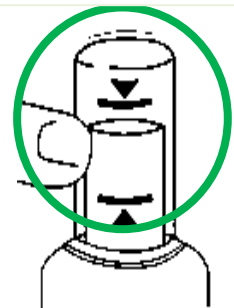
Your child's healthcare provider will work with you to set the correct number on the blue dial.



Steps to follow

1. Wash your hands with soap and warm water.
2. Follow package insert to put TheraPEP together.
 - a. If you are told to use a nebulizer with your TheraPEP, your healthcare provider will tell you where to put it.
3. Turn the blue dial to correct number.
4. Have your child sit in a chair with elbow resting on a table.
5. Put the mouthpiece in your child's mouth. Lips should be tight around the mouthpiece. If a mask is being used, hold the mask firmly over your child's mouth and nose.
6. Have your child take in a deep breath.
7. Have your child breathe out but not forcefully. Keep the top of the blue indicator between the two lines. If the blue dial is set correctly, your child will be blowing out about 3 times longer than breathing in.
8. Have your child do 10 to 20 breaths and then 2 to 3 huff coughs. This helps get secretions out.
9. Continue for 15 minutes for an effective treatment.

Keep top of indicator
between the lines



Cleaning the TheraPEP

The TheraPEP should be cleaned when it looks dirty or as directed by your doctor. It may need to be cleaned after every treatment if it is used with a nebulizer.

1. Take the TheraPEP apart. Set the pressure indicator aside. **Never** put the pressure indicator or the small diameter tubing in the water. These parts can be wiped off if needed.
2. Wash in warm soapy water.
3. Rinse.
4. Let it air dry.

Disinfecting the TheraPEP

Disinfect the TheraPEP as directed by your healthcare provider.

1. Disinfect with **one** of these methods:
 - a. Soak in 70% isopropyl alcohol for 5 minutes. Rinse with sterile water. Do not re-use alcohol.
To make sterile water, boil tap water for 5 minutes. Use the water when it is warm, not hot.
 - b. Soak in 3% hydrogen peroxide for 30 minutes. Rinse with sterile water. Do not re-use hydrogen peroxide.
 - c. Soak in bleach solution for 3 minutes. Rinse with sterile water. Do not re-use bleach solution.
To make bleach solution, mix 1 teaspoon of bleach with one cup of sterile water.
2. Let it air dry.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.