

Let's Talk About...

Using a Pari PEP™ device: Clearing mucus from the lungs

Your child may benefit from positive expiratory pressure (PEP) treatments if they have cystic fibrosis or other lung conditions that make it difficult to cough up mucus.

What is a Pari PEP™ device?

A handheld Pari PEP device allows air to get in and behind the mucus. It holds the airways open using positive expiratory pressure to help clear mucus from your child's airways. As your child breathes out through a resistor in the PEP device, the resistance creates this positive expiratory pressure. This is like the pressure that holds a balloon open when you blow it up. It can make it easier for your child to cough up mucus.

Why does my child need to use a PEP device?

Children who have lung conditions that make it difficult to cough up mucus, such as cystic fibrosis or bronchiectasis, use a PEP device to open their airways. It also moves mucus to the upper airways so your child can cough it out. A PEP device can help your child stay healthy and breathe easier.

How does my child use a Pari PEP™ device?

Have your child follow these instructions:

- 1 Choose the proper resistance range for the desired inhale/exhale ratio of 1:4. Turning the device to a lower number increases the resistance, allowing for a longer exhalation time.



