

PEP (positive expiratory pressure)

Reviewed by SickKids Staff

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1. Sit comfortably with your elbows resting on a table.
2. Relax and do five deep diaphragmatic breaths (your stomach moves out as you breathe in and flattens as you breathe out). When you breathe out, purse your lips like you are going to whistle.
3. Place the mouthpiece securely in your mouth to form a good seal or place the mask tightly but comfortably over your nose and mouth to form a good seal. Setting _____.
4. Do _____ breaths in and out of the mouthpiece or mask. The breath out should be slightly active, taking about 3 to 4 seconds. It should not be forced and should take two to three times longer than the breath in.
5. Remove the mouthpiece or mask and huff 3 times and then cough to clear your secretions.
6. Repeat steps 1 to 5 _____ times. Do this _____ times per day.

TheraPEP with a mouthpiece



Pare PEP-S device



TheraPEP with a mask



Watch this video of someone performing PEP with a mouthpiece (<https://youtu.be/BEVmgJnbnqo>).

