



Positive Expiratory Pressure Exerciser

The PEPE(Positive Expiratory Pressure Exerciser) provides Positive Expiratory Pressure(PEP) therapy for patients with mucus producing respiratory conditions including:

- Asthma
- Atelectasis
- Bronchitis
- Bronchiectasis
- Cystic Fibrosis
- Chronic Obstructive Pulmonary Disease(COPD)

Before Use

Consult your Doctor or health professional if you have the below conditions:

- Pneumothorax
- Tuberculosis
- Right-sided Heart Failure
- Haemoptysis (coughing up blood)

General Disclaimer

Results may differ for different people according to the usage of the device and the angle at which the device is being used.

PEPE is designed to assist and help in the clearance and conditioning of the lungs as an aid to lung physiotherapy. PEPE is designed to improve lung capacity and aid with secretion clearance from the lungs. Correct use of the PEPE may reduce your medication requirements but at no stage should you reduce your medication without consulting with your doctor.

Cleaning Instructions

The design and materials used make the PEPE a very hardy device, capable of being decontaminated in several ways.

Single Patient Use

See instructions overleaf.

Multi Patient Use

Is not recommended.

Quick Usage Reference Guide

Stage 1 – Mucus Loosening and Mucus Mobilization

1. Gather supplies, relax, assume proper posture and position.
2. Slowly inhale beyond a normal breath, but do not fill lungs completely.
3. Hold breath for 2–3 seconds
4. Place PEPE in mouth, adjust tilt to feel maximum of vibrations within chest, keep cheeks stiff.
5. Exhale through PEPE at a reasonably fast but not too forceful speed, using abdominal breathing.
6. Exhale beyond a normal breath but do not empty lungs completely.
7. Attempt to suppress cough.
8. Repeat steps 1 through 7 for 5–10 breaths.

Begin Stage 2 – Mucus Elimination

9. Slowly inhale, filling lungs completely.
10. Hold breathe for 2–3 seconds.
11. Place PEPE in mouth, adjust tilt to feel maximum vibrations within chest, keep cheeks stiff.
12. Exhale forcefully through PEPE as completely as possible.
13. Repeat steps 9 through 12 for 1–2 breaths.
14. Initiate cough (or huff manoeuvre). Return to Stage 1 and repeat full sequence (Stages 1 and 2) until lungs are clear or therapy is over.
15. Additional sessions may be added if necessary.

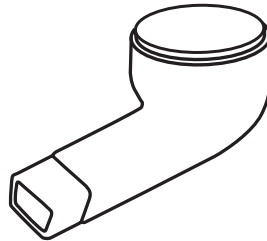
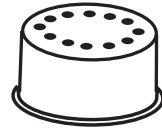
Note: Feeling light-headed is normal, but be careful not to push too far.

Cleaning the PEPE

Cleaning your PEPE as with all respiratory equipment is very important.

After each session (or as recommended by your health professional)

Disassemble the device and wash each item thoroughly with warm soapy water, such as washing up liquid. Rinse well and then leave to dry upside down on a draining board, paper towel or tea towel etc. Ensure all items are completely dry before reassembly. Store in a clean, dry location.



PEPE Australia Pty Ltd

337 Water Street,
Fortitude Valley Qld 4006, AUSTRALIA

Tel: +61 (0)7 3193 1122

Email: sales@naturallungphysio.com.au

www.naturallungphysio.com.au

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