

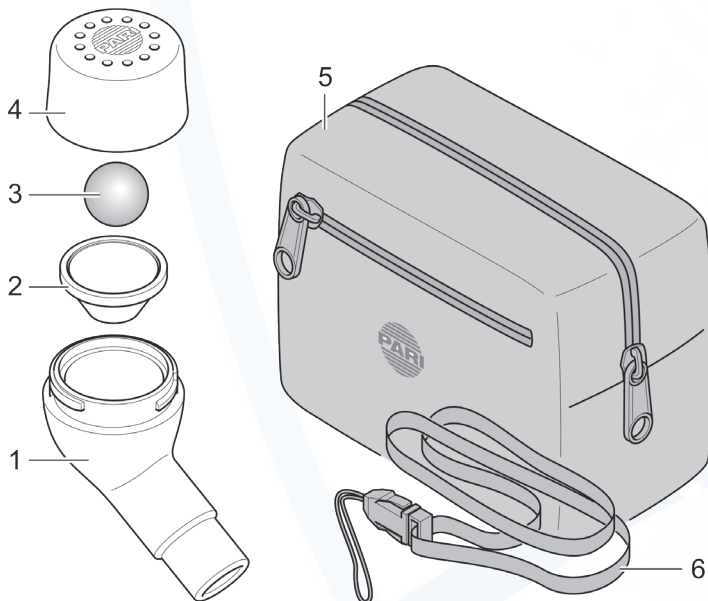
Using your Pari O-PEP

Patient information sheet

What is the Pari O-PEP?

The Pari O-PEP is a small hand-held device for airway clearance. It has both resistive and vibratory features, which help loosen and clear secretions from your chest.

The equipment consists of a base unit with non-detachable mouthpiece (1), cone (2), ball (3) and a detachable cover (4). Also included are a storage pouch (5) and a support strap (6).



How does the Pari O-PEP work?

When you breathe out through your O-PEP, the airflow causes the ball to move inside the cone. When you stop breathing out the ball returns to its resting position. Repeated breaths make the ball move up and down.

This movement of the ball causes vibrations and a slight increase in pressure against your breathing out, which is then transmitted to your lungs.

The slight increase in pressure will help to hold your airways open to get air behind any secretions. The vibrations will help to loosen secretions from airways and move them up more easily for effective chest clearance.

The position you hold your O-PEP will vary, depending on how much fluttering/vibration you feel in your chest. You should hold your O-PEP at an angle where you feel the most fluttering in your chest. The change in angle is made by tilting the device and your physiotherapist will advise you on this.

How to use the Pari O-PEP

Your physiotherapist will show you how to use the O-PEP.

- You can use the O-PEP sitting, lying or any other postural drainage position as advised.
- You can hold the O-PEP at different angles to alter the vibration intensity. You should hold the O-PEP at the angle that causes the most fluttering in your chest.
- Before using the O-PEP take a few relaxed, slow breaths.
- Without the O-PEP, breathe in through your nose or mouth, taking a breath slightly bigger than normal but not a full deep breath.
- Hold your breath for approximately two to three seconds.

Author ID: Senior physiotherapist
Department: Physiotherapy
Printed: December 2023
Review date: December 2025
Version: 2.2
Leaflet number: PI 145



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust
Papworth Road, Cambridge
Biomedical Campus,
Cambridge CB2 0AY
Tel: 01223 638000
www.royalpapworth.nhs.uk

© 2023 Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners

View a digital version of this leaflet by scanning the QR code



- Place the O-PEP into your mouth, forming a tight seal with your lips around the mouthpiece.
- Keep your cheeks taut so that the vibrations are transmitted into the chest.
- Breathe out through the O-PEP actively but not forcefully.
- Breathe out for approximately three to five seconds so that you can feel the vibrations in your chest (you can check this by placing your hand on your chest).
- Breathe out as far as is comfortable but do not breathe out until your lungs feel empty.
- Try to suppress your cough.
- Repeat for eight to ten breaths
- Take a few relaxed breaths without the O-PEP.
- Then huff as directed; either with or without the O-PEP one to two times.
- Repeat this for 10 to 15 minutes in the position advised by your physiotherapist, or until you have cleared your sputum.

How often should I use the Pari O-PEP?

Try to use your O-PEP twice daily or as directed by your physiotherapist.

If you are unwell or have an active infection, you may need to increase this to three to four times per day to clear the excess secretions in your lungs.

If you are unwell and using the O-PEP several times a day, you may need to reduce the length of time you use it.

If you have a pneumothorax (collapsed lung) or are coughing up fresh blood then stop using the O-PEP. Contact your physiotherapist for further advice.

How to clean your Pari O-PEP

Cleaning

- After every use dismantle your O-PEP into four pieces.
- Place all parts in warm soapy water for five minutes and clean thoroughly with a brush. Rinse under warm, running water, and then shake to remove excess water.
- Leave to air-dry on a clean absorbent surface.

Disinfection

- Your O-PEP should be disinfected immediately after cleaning, at least once a month.
- To do this place all parts in clean pot (i.e., a saucepan) and boil in a sufficient quantity of fresh drinking water for at least five minutes. Ensure that the O-PEP does not come into contact with the hot base of the pot as this will melt the O-PEP.
- Once cool, shake the O-PEP to remove excess water before leaving to air-dry on a clean absorbent surface.
- Your O-PEP can also be disinfected using a steam disinfector (at least six minutes).
- Do not microwave.
- The support strap should be cleaned as necessary using warm soapy water and left to air-dry.

Please remember to bring your O-PEP if you are to be admitted to the hospital (or an outpatient appointment in the lung defence or cystic fibrosis clinic), so that the physiotherapist can check your technique.

If you have any questions about your O-PEP please contact the physiotherapy team on **01223 638215** or you can ask them if you can come to an outpatient clinic.

Author ID: Senior physiotherapist
Department: Physiotherapy
Printed: December 2023
Review date: December 2025
Version: 2.2
Leaflet number: PI 145



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust
Papworth Road, Cambridge
Biomedical Campus,
Cambridge CB2 0AY
Tel: 01223 638000
www.royalpapworth.nhs.uk

© 2023 Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners

View a digital version of this leaflet by scanning the QR code

