

## BOTTLE PEP HANDOUT

Fill the bottle with water to the level as indicated



**WATER FILL LEVEL**

Place the tubing in the bottle so that it touches the bottom

1. Take a moderate sized breath in (not through the tube)
2. Breathe out through the tubing to create bubbles; do not breathe all the way out
3. Repeat \_\_\_\_\_ times
4. Do \_\_\_\_\_ huffs, then cough as needed
5. Rest

Repeat the cycle steps 1-5 \_\_\_\_\_ times

Perform \_\_\_\_\_ times a day

- After use, empty bottle and rinse out bottle and tubing
- Allow to air dry each day