

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

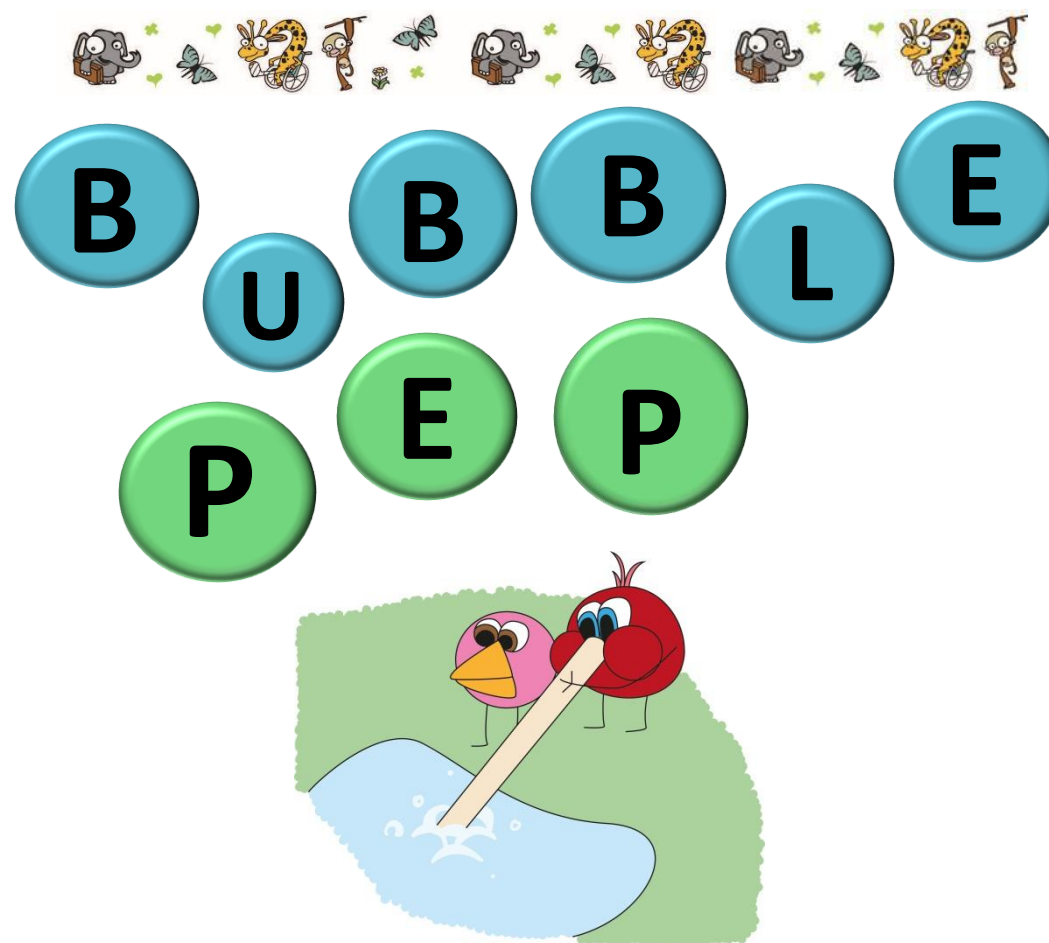
If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202607-05-BP
Created: December 2018/ Revised: July 2026/ Review
Date: July 2028

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS



What is Bubble PEP?

PEP stands for **P**ositive **E**xpiratory **P**ressure. This is a treatment to help children who have a build-up of phlegm (secretions) in their lungs. During this treatment your child will be encouraged to blow big bubbles in water through a straw.

This can be a lot of fun!

How to set up Bubble Pep

1. Half fill an empty cup with water and add a few squirts of food colouring or cordial juice.
2. Put the cup into a tray or bowl – this helps to save on mess.
3. Put the straw into the water.

The cup and tray should be washed after every use and a new straw provided for next time.

Important information

Bubble PEP should only be carried out once a physiotherapist has demonstrated the correct technique.

If you notice any red flecks in your child's phlegm, or if your child suddenly becomes breathless or complains of pain, they should stop using Bubble PEP and contact your child's doctor or physiotherapist.

How does Bubble PEP work?

As your child blows down the straw and makes bubbles, a positive pressure is created in your child's airways and lungs. This pressure holds open your child's airways allowing more air to move in and out, making it easier for the phlegm to be coughed up.

How to use Bubble PEP

1. Ask your child to take a deep breath in, place their lips around the straw, then blow out through the straw to make bubbles in the water. The breath should be as long as possible, aiming to get the bubbles out of the top of the cup into the tray.
2. Ask your child to huff and cough as the physiotherapist has taught them, clearing the phlegm.

