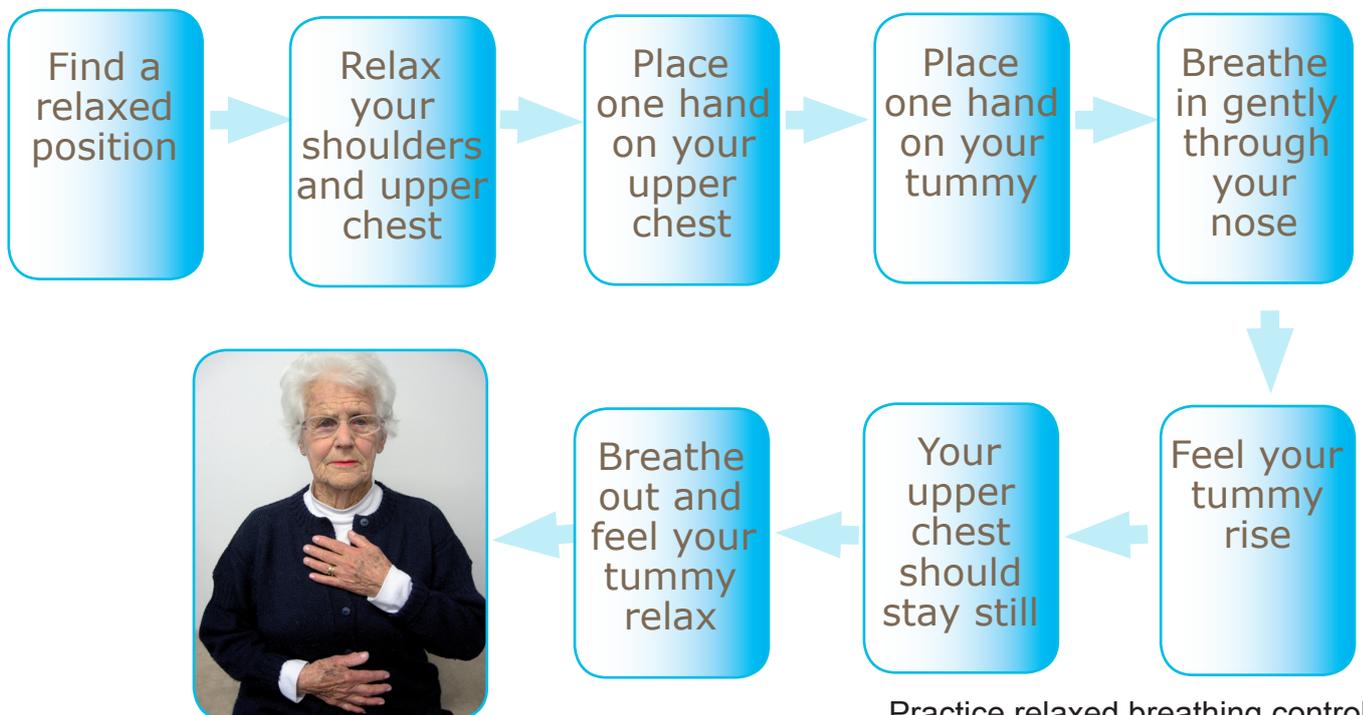


6 Steps to Cough & Clear

Because of the damage which occurs in the lungs, people with chronic conditions such as COPD, bronchiectasis and emphysema can produce large amounts of sputum which needs to be cleared every day to prevent infection. These six steps outline some simple and effective sputum clearance techniques which can be done at home or with the guidance of a respiratory physiotherapist.

Relaxed Breathing Control



Practice relaxed breathing control regularly throughout the day.

Keep Hydrated

Try to drink 6-8 glass of water per day (but remember to work on your pelvic floor exercises!)



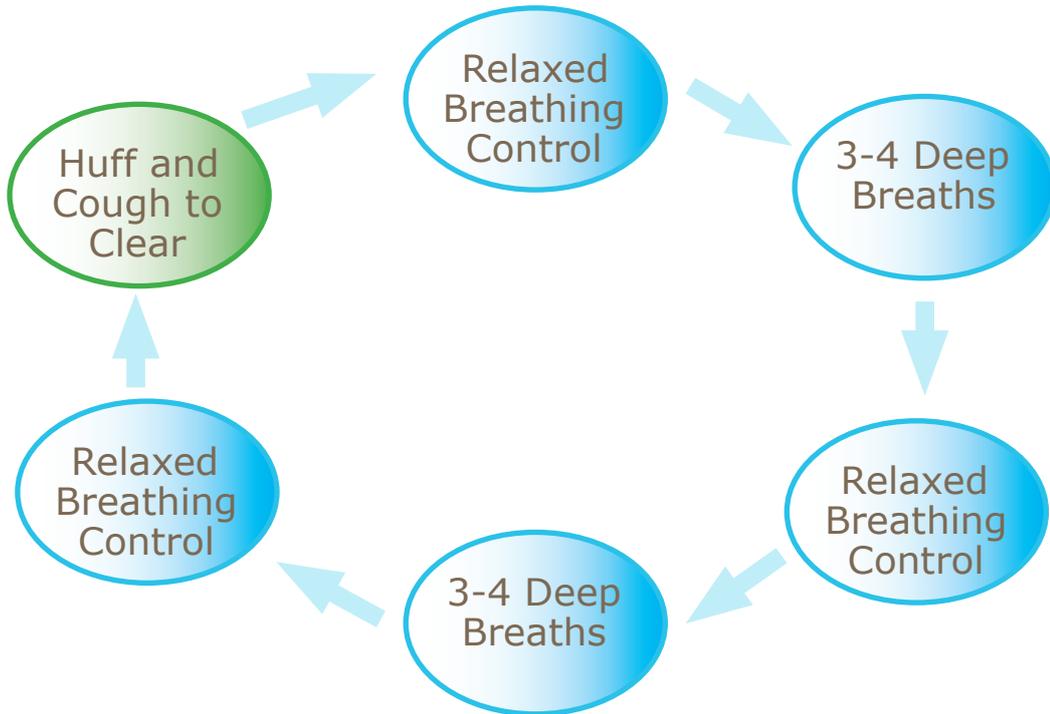
Keep mobile and exercise



Even when you feel unwell, make an effort to get up in the morning, get dressed and walk to the mailbox or around the block. Keep yourself well by joining a Pulmonary Rehabilitation group, walking group or gym for regular gentle exercise

Active Cycle of Breathing Technique

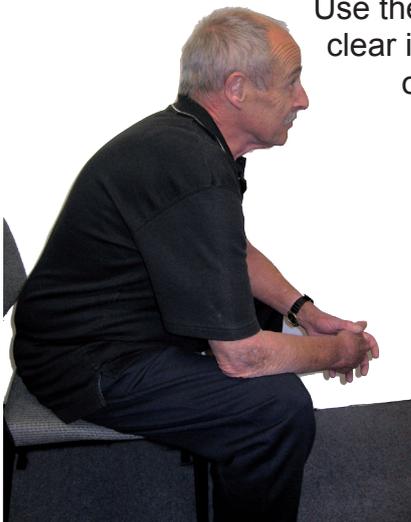
Practice the ACBT hourly when unwell. Use the positions shown below. Repeat until your chest is clear.



Positions to help clear phlegm



Use these positions for the ACBT. You can lie on alternate sides, cough and clear in between; or sit down, leaning slightly forward, resting your elbows on your knees.



Other things which can help

You may be referred to a respiratory physiotherapist who can help you master the special breathing techniques mentioned above or may suggest some special devices.



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