

PARI O-PEP (PARI Oscillating Positive Expiratory Pressure device)

Information for patients



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PARI O-PEP is also known as the Flutter.

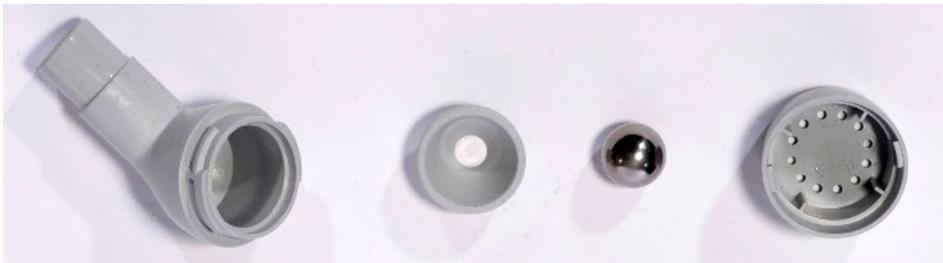
How does it work?

This device combines PEP (positive expiratory pressure) and vibration to help loosen sputum. The patient breathes out into the device against a moveable ball, causing a vibration that is transmitted to the lungs.

This causes resistance which helps keeps your airways open and allows air to get behind the sputum. It also causes vibrations which are transmitted to the lungs and helps loosen the sputum so that it can be cleared more easily.

How to assemble PARI O-PEP:

- Insert the funnel in the lower part.
- Place the ball in the funnel.
- Screw the upper part onto the lower part



Upper part

Funnel

Ball

Lower part



Assembled Pari O-Pep

How to use the PARI O-PEP:

- Take any inhalers/nebulisers as advised by your physiotherapist before you start your airway clearance to help prepare your airways

Positioning:

- Sit in an upright position and relax, alternative positions may be recommended by your physiotherapist.
- Support the PARI O-PEP and hold it so that the mouthpiece is horizontal.
- Close your mouth around the PARI O-PEP and create a tight seal.

Technique:

1. Breathe in as slowly and deeply as possible through your nose and hold breath for 1-2 seconds
2. Breathe out slowly and completely through the mouthpiece as far as is comfortable using a slightly stronger breath out than normal, but not too forceful.
3. Try to tighten your cheeks during the breath out so that the vibrations from the device are transmitted to your airways.

Treatment plan:

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- Take any inhalers/nebulisers after your airway clearance as prescribed.

- Please bring your Pari-OPEP device to clinic with you on a regular basis so that your physiotherapist can check whether it is in working order and review your technique.

Cleaning your PARI O-PEP:

- After each airway clearance session dismantle the device and clean in warm soapy water.
- Rinse thoroughly in clean water and allow parts to dry.
- Leave unassembled somewhere dry and clean until next use.
- You can store it in a clean plastic container with a lid and keep in a dust free environment.
- Once a week dismantle the device and place in a pan of water and boil for 10 minutes, (be careful that the plastic doesn't touch the bottom of the pan as it may melt) or use a steam steriliser – do not put metal parts in the microwave.
- Dry thoroughly and store somewhere dry and clean as above
- Place on clean, dry, absorbent surface and leave to air dry.
- Wipe with clean paper towel if not fully dry.

If you have any questions, please contact your physiotherapist at the Paediatric Cystic Fibrosis and Respiratory unit

Tel. no (0113) 392 7125

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Produced by: Medical Illustration Services • MID code: 20230622_003/JG

LN005651
Publication date
03/2026
Review date
03/2029