

HydroBubble

Bubble PEP



*Simply Brilliant
Brilliantly Simple
Chest Physiotherapy*

NHS ORDER CODE **GTV85391**


**Hydrate
for Health**

What is HydroBubble Bubble PEP?

- HydroBubble is a device used to deliver Bubble PEP for chest physiotherapy
- PEP stands for Positive Expiratory Pressure
- In Bubble PEP positive pressure is created by blowing bubbles into water



How does HydroBubble work?

- Bubble PEP is a physiotherapy technique used to clear secretions (phlegm/sputum) from the lungs and is a form of chest physiotherapy.
- It works by keeping your airways open.
- It produces vibrations in the lungs to help loosen and move secretions.
- This in turn moves secretions up towards the larger airways where it can be cleared by a huff or a cough.
- This will help to clear secretions from the chest and will reduce risk of infections.

Why do I need to do airway clearance?

Airway clearance helps to keep your lungs healthy by clearing secretions. Secretions left in the lungs can increase your risk of infections.





Assembly Instructions

1. Remove all packaging
2. Fill the HydroBubble bottle with fresh cold water to the depth your physiotherapist or health care professional has advised.
3. Replace the cap.
4. Slide the tube into the bottle until it reaches the bottom. Cut tubing to length as needed.
5. Attach the mouthpiece to the tube if needed.
This works best if you wet the top of the tube with water first then slide the mouthpiece on.

How do I use HydroBubble?

Your healthcare professional will advise you on how much water to put into your device and will guide you on the correct techniques to use and how often you should use your device.

Steps to operating your HydroBubble

- Position the tube inside the bottle, ensuring the bottle is upright or placed on a flat surface. Users have the option to grasp the HydroBubble using its patented handle or they can conveniently hang it onto various surfaces for ease of use.
- Take a slow deep breath through your nose.
- Blow out through the tubing for as long as possible creating bubbles in the water.

Make sure you keep a good seal around the tubing using your lips.





Caring for your HydroBubble



Clean:

It is important to clean your equipment after every use. This helps to prevent the risk of infection

- Please be sure to clean all components of the HydroBubble with hot soapy water.
- Your HydroBubble comes with a flexible cleaning brush to make sure you can clean all the way through the tube when needed.
- The optional mouthpiece should be removed from the tube to ensure all parts are properly clean
- HydroBubble bottle and cap are dishwasher safe to 80 degrees

Disinfection (if needed):

- Solutions such as Milton may be safely used to sterilize all parts.

Dry:

- Allow all parts to air dry completely.

Store:

- In a clean, dry and hygienic place, out of direct sunlight.



Components of HydroBubble

**Durable,
recyclable BPA
free bottle**

**Cap with
integrated
handle**

**Wide bore
tubing**

**Optional
mouthpiece**



**Tube
cleaning
brush**





"Bubble PEP chest physiotherapy is a great way to clear secretions from the lungs."



"HydroBubble is so much fun! My daughter doesn't even know she's doing physio."



"My HydroBubble is so easy to use! It means I don't have to rely on other people quite so much. I can use it sitting in my wheelchair."

"I love the fact that all the parts can be cleaned so thoroughly. It's reassuring!"



HOW TO BUY: NHS Supply chain code: **GTV85391**

Amazon: search 'HydroBubble'

Contact: hydrobubble@hydrateforhealth.co.uk

www.HydroBubble.co.uk | Telephone: 0800 292 2382