

Cough assist machine

What is a cough assist machine?

A cough assist machine helps to push and pull air in the lungs like a cough.

The machine has several settings:

- **Inspiratory Pressure:** this pushes air into your lungs like a big breath.
- **Expiratory Pressure:** this pulls mucus out of your lungs like a big cough.
- **Pause:** The time in seconds between each cycle of in and out.

Why do I need a cough assist machine?

- You may have weak muscles. Your cough may not move mucus easily.
- You may get sick often.

How does a cough assist machine work?

- Your provider will decide the settings, length of treatment, and how many times a day to do this treatment.
- Your equipment company will set up the machine.

How is a treatment done?

Do this treatment after all your other breathing treatments. This treatment can also be done anytime you need help coughing.

If you use a mask put the mask on tight so the machine can push and pull out the cough easier.

If you use tracheostomy tube your equipment company will give you an adapter to place right on your trach tube.

Repeat these steps 3 times:

1. Use the machine to do 5 coughs in a row.
2. Suction any mucus that you have coughed up.
3. Rest if needed.

ALERT:

- Call the equipment provider if you have questions or concerns that your equipment is not working properly.
- Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

