

Assistance with clearing sputum

This factsheet is for guidance only and has been produced with assistance from healthcare professionals

People with lung conditions can produce more sputum and cough more.

It is important to clear sputum from your lungs to help you breathe more easily and prevent chest infections, however coughing alone to clear sputum can be tiring and ineffective.

Active Cycle of Breathing Technique (ACBT)

ACBT is a set of breathing exercises, that moves sputum through the lungs and 'huffs' that clears sputum from your lungs more effectively.

Breathing control

- Position yourself so that you feel comfortable and well supported.
- Relax your shoulders and upper chest.
- Breathe in and out gently through your nose. If this is difficult breath through your mouth instead.
- Focus on your stomach. As you breathe in, your stomach should rise slightly and fall as you breathe out.

Deep breathing

- Take a long, slow, deep breath in, through your nose if you can.
- Breathe out gently through your mouth, like a sigh, until your lungs are empty. Do not force the air out.
- Repeat 3-4 times. Stop if you start to feel lightheaded and go back to relaxed breathing.

Huffing

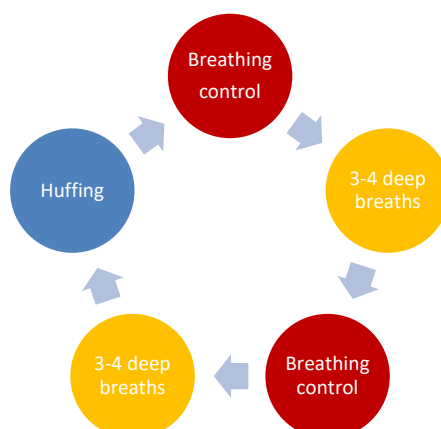
This is a fast breath out to move the sputum into your mouth instead of coughing.

- Take a small breath in and then breathe out fast through your mouth, squeezing the air out, in the same way you would to steam up a mirror or glasses.
- Take care not to force the breath out so much that your chest feels tight or 'wheezy'.
- Follow the diagram in this leaflet. Continue the exercises until you have cleared as much sputum as you can without becoming too tired.

This is a link to a short ACBT video www.youtube.com/watch?v=XvorhwGZGm8

Tips

- Stay well hydrated. Drinking plenty of fluids will help loosen sputum.
- If you use an inhaler or nebuliser, take this before you start ACBT.
- Try and do ACBT once or twice a day. If you are unwell or have more sputum, you may need to do it more often but shorter sessions.
- Avoid ACBT straight after eating.



This leaflet is updated regularly. For the most up to date information please visit loros.co.uk/care

In cases of comments or complaints, please contact:

Chief Executive, or Director of Patient Services and Clinical Quality, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative languages:

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

اللغات البديلة

إذا كنت بحاجة للحصول على هذه المعلومات مترجمة الى لغتك الأم ، فيرجى منك الاتصال مع الموظف المساعد PA في قسم خبرة وتجربة المرضى Patient Experience Lead على رقم الهاتف 0116 231 8435

Jeśli potrzebuje Pan/ Pani, aby niniejsze informacje zostały udzielone w Pana/ Pani języku ojczystym, prosimy o kontakt z PA Kierownika ds. Pacjentów pod numerem 0116 231 8435.

مُتبادل زُبانیں

اگر یہ معلومات آپ کو اپنی زُبان میں درکار ہیں، تو براہ مہربانی 0116 231 8435 پر بیمارے/بیماری پیشنٹ ایکسپیرٹنس لیڈ کے/کی پی اے سے رابطہ کریں

PA 0116 231 8435

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