

## How to Cough Effectively

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People with chronic lung disease may have mucus in their airways, which makes it more difficult to breathe.

Here are some tips to help clear your airways:

1. Use your bronchodilators (inhaler) prior to coughing.
2. Drink a warm liquid before trying to cough. This will help to liquefy and loosen sputum.
3. Use the controlled cough technique below.
  - Sit upright on a chair or side of bed and bend forward slightly.
  - Inhale slowly through your nose using your diaphragm.
  - Hold the deep breath for two seconds.
  - Cough twice with your mouth slightly open.
  - Pause.
  - Inhale by sniffing gently.
  - Rest. Repeat again if needed.
  - If there is little or no sputum, don't keep trying to cough something up. Try again later.
  - Avoid "cough, cough, cough, cough....". This will only tire you out and cause breathlessness.