Proper Coughing Instructions and Techniques

In order to prevent lung infections and help clear your airway, it is important to follow these instructions:

• Drink 6-8 (8oz) glasses of water daily to stay hydrated.

• Take Robitussin® or Mucinex® tablets (without DM) every 4 hours to thin out mucus.

• Run a humidifier at night with the door closed, especially during the winter months. If your windows appear wet, your room is at the right humidity level.

• Sit in the bathroom with a hot shower running. Breathe in steam for 5-10 minutes.

The following techniques should be performed at least twice daily, in the morning and at night:

• Lay on your stomach, across your bed, with your head lower than the mattress edge. Look down at the floor, and perform deep breathing and coughing at least 5 times or more.

• If you have a partner available, have them cup their hand (see Figure A) and clap on your back over your lungs as you are deep breathing and coughing (see Figure B).

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.