

How to Cough Effectively

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.