

# Cough Assist Device

## What is a cough assist device?

The cough assist device is used when coughing becomes difficult or your cough is weak. The cough assist will make your cough stronger and more productive helping you to clear secretions from your airway. The cough assist should be used 3 to 4 times a day. You can use it more if you need to.



## Why do I need a cough assist?

The motor nerves (the nerves that your brain uses to move your muscles) for your respiratory muscles can become weak. This makes it hard for you produce an effective cough to keep your lungs clear. You may need the cough assist device if:

- Your pulmonary function tests ("PFTs"-tests that measure your breathing) show your Maximum Inspiratory Pressure (MIP) (how much air you can breathe in) is less than -60 cmH2O

- Your pulmonary function tests show your Maximum Expiratory Pressure (MEP) (how much air you can breathe out) is less than 60 cmH<sub>2</sub>O

You may also need the cough assist device if you have any of these symptoms:

- Weak cough
- Difficulty clearing secretions from lung and throat
- Buildup of secretions in your mouth and throat

### **How do I get a cough assist device?**

You will receive a call from a local durable medical equipment (DME) supply company who will schedule delivery, set up and training of your cough assist device with you. A respiratory therapist from the DME supply company will train you on how to use your cough assist device.

**If you do not receive a call from your local DME within one week please contact our office** at (734) 936-9010 or send a message through the patient portal to let us know that you have not been contacted.

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