Deep Breathing and Coughing with a Tracheostomy

Deep Breathing:

- Have suction materials or tissues and a waste bag close to you.
- Sit up straight.
- Take five (5) deep breaths by:
  - Breathing in deeply on your own
  - Having someone give you a deep breath with a resuscitation bag
  - Pushing the sigh button if a ventilator is helping you breathe
- Hold each breath for a few seconds.
- Breathe out slowly.
- After you have completed 5 deep breaths, cough.
- Repeat the deep breathing exercise up to 10 times.

Coughing

If you are on a ventilator, you will want to remove the circuit from your trach before coughing.

- Sit up straight and lean forward a little.
- Take in a deep breath and then quickly cough from deep in the lungs.

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Learn more about your health care.
• Cover your trach with a tissue as you cough. Collect any mucus that you cough up in the tissue.
• If you cannot cough out the mucus, remove it by suctioning.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.