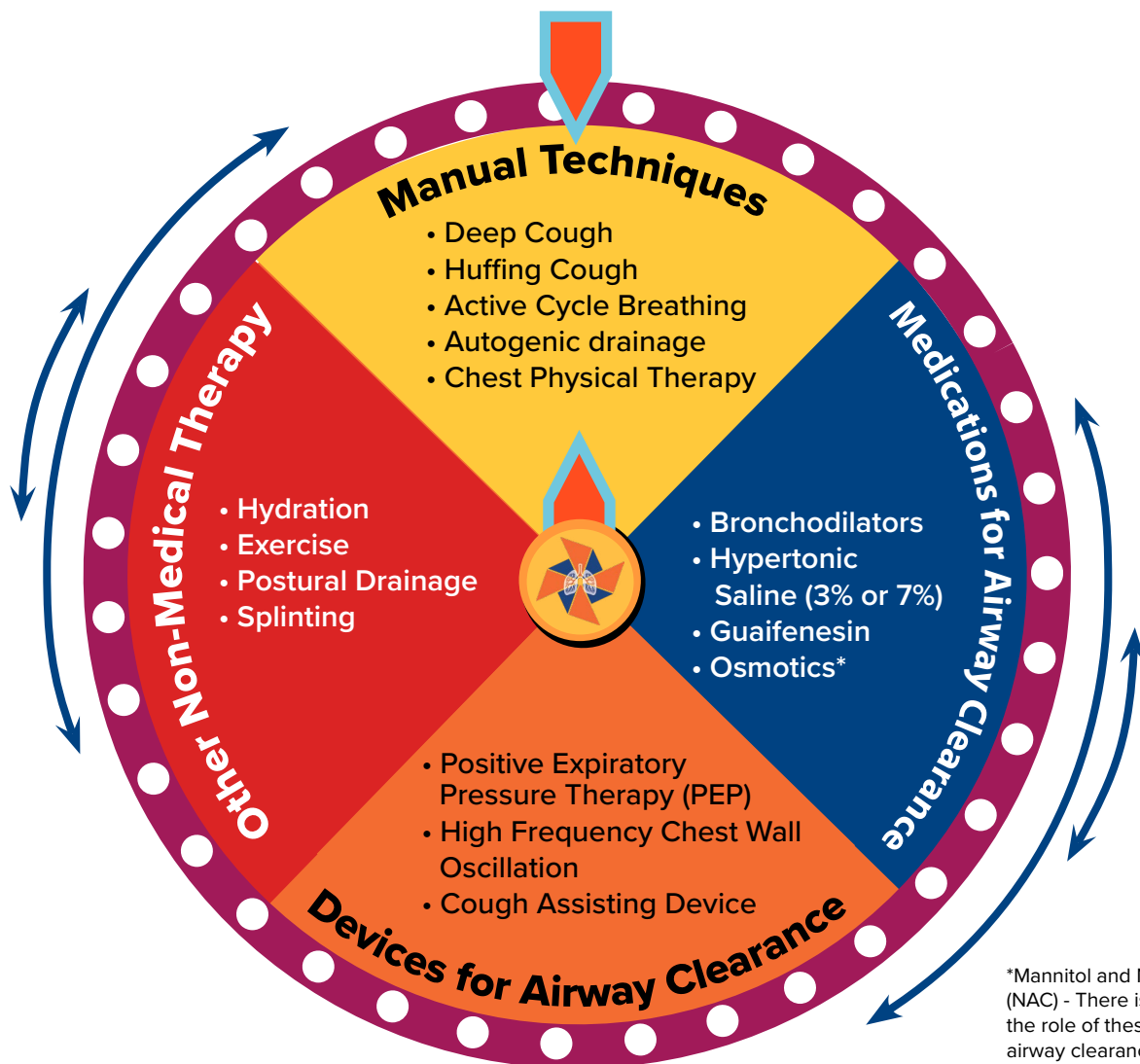


# QUICK GUIDE TO AIRWAY CLEARANCE

People with bronchiectasis and some other lung conditions struggle to keep their airways clear of mucus. When mucus collects in the lungs, it creates an ideal home for bacteria and other germs to live, grow and cause infections. This can lead to further inflammation and worsening of your bronchiectasis. For these reasons, it is important for those with bronchiectasis to create an airway clearance routine to help clear mucus from the lungs. Your pulmonologist and respiratory therapist can guide you in choosing the best airway clearance program. Not every person with bronchiectasis responds the same way. You may need to change your routine during different seasons, when you have a flare-up or exacerbation, or for other personal health reasons.

A typical airway clearance routine may use one or more of the following:



Regardless of the type of bronchial hygiene measure(s) you use, the most important thing to consider is—is it helping you cough out the mucus and clear your lungs? And are you able to tolerate it? Doing so will help you lower your risk of flare-ups and eliminate any airway blockage (or mucus plugging).

For more detailed information about airway clearance techniques, visit [BronchiectasisandNTM360.org](https://BronchiectasisandNTM360.org) or download the free All About Bronchiectasis booklet.