

# Using a cough assist device (Clearway 2) to help clear mucus from your chest

Department of Physiotherapy

Information for Patients

Produced: July 2023

Review: July 2026

Leaflet number: 1419 Version: 1

## What is a Clearway 2 cough assist?

The Clearway Cough Assist device is a machine that helps with clearing mucus and improving coughing. It helps move the mucus out of the body and makes coughing stronger and more effective. It also helps you take deeper breaths.

## Why do I need a Clearway 2 cough assist?

Your physiotherapist has checked your cough and believes that it is not good enough to clear your mucus. This puts you at a higher risk of developing respiratory issues like a chest infection. This machine is often used with patients who have diseases that affect the muscles (neuromuscular disease).

## When should I use the Clearway 2 cough assist?

Your physiotherapist will have explained your personal physio programme when you were given the machine. Good practice is to use the device 2 times a day, usually morning and evening. If you are unwell or have more sputum then it can be used during the day.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## When should I not use the Clearway 2 cough assist

When you were given the machine you were assessed as being suitable for home Clearway usage. However, if anything changes, please speak to your physiotherapist.

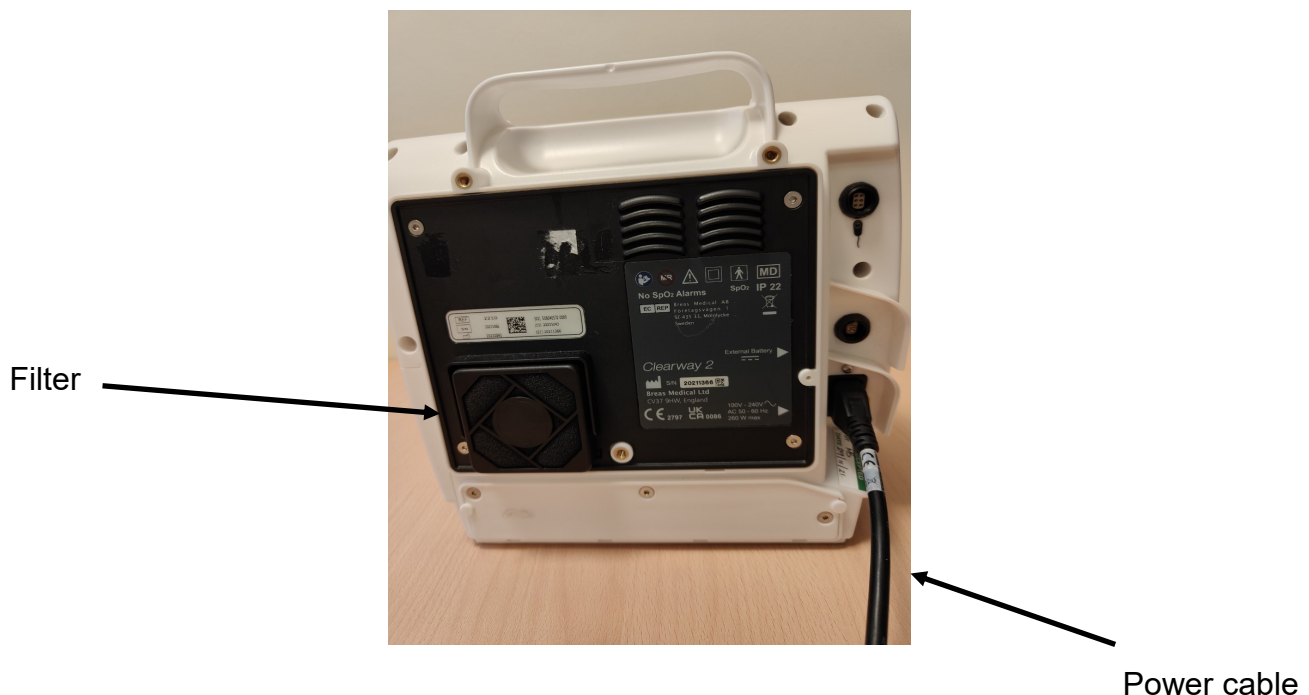
Do **not** use if:

- You notice blood in your secretions or start coughing up blood
- Within 1 hour of a meal
- You are being sick (vomiting) or feeling sick (nauseous).
- You have had a recent lung injury or a collapsed lung (pneumothorax)
- You have had an injury or surgery to your face/ mouth/ skull or food pipe (oesophagus).
- You have a problem with your heart (for example unstable angina, palpitations, serious changes in blood pressure)
- You have a certain type of abnormal connection between you airway (tracheobronchial) or food pipe (tracheoesophageal fistula)

If you have any concerns please get in touch with your physiotherapist

## How to set up your Clearway 2 cough assist

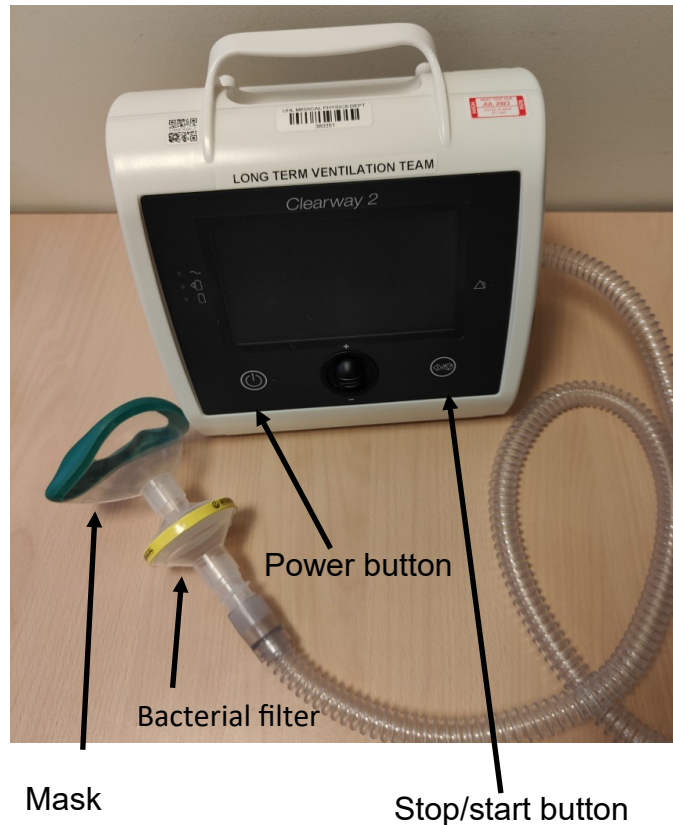
**Rear view:**



**Side view:**



**Front view:**



## How to use the device

1. Get into the correct position (ideally sitting upright)
2. Agree a stop signal (such as hand waving, shaking head, eye blinking)
3. Make sure the circuit and interface is correctly set up (see above photo)
4. Turn the machine on using the power button. Confirm there is a bacterial filter in the circuit by pressing the green tick on the screen
5. Get a good seal with the mask, mouthpiece or catheter mount you have been advised to use.
6. Press the stop/start button to begin treatment
7. The machine will deliver the set number of breathes in and coughs unless the stop button is pressed
8. Your physiotherapist may have advised for you to take 2 breathes in after you finish the treatment. If this is the case then press the "recruitment breathe" button to start these.
9. Once the machine has beeped to confirm the end of the treatment cycle, take off/out the mask or mouthpiece

## How do I clean the machine?

### Machine

- Dry wipe the machine down monthly with a cloth or paper towel.
- Check the filter in the back of the machine monthly. Change/ask for a new filter if there are signs of dust or dirt. The filter sits in a black case which can be pulled off. A black filter is on the outside and a white filter behind this.

### Interface

- Mask – wash in warm, soapy water daily.
- Mouthpiece – wash in warm, soapy water daily.
- Catheter mount – wash in warm, soapy water between uses. Change weekly or sooner if needed

### Circuit (tubing)

- Wash the tubing in warm, soapy water weekly. Leave to air dry. Replace every month.
- Check the bacterial filter in the circuit tubing weekly. Replace if any signs of dust or discolouration.

## Contact details

If you have any questions or concerns please speak to your respiratory physiotherapist via the home ventilation team on **0116 258 3283**.

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