

## Discharge Instructions: Controlled Coughing

Constant, uncontrolled coughing can wear you out and make you short of breath. Controlled coughing (coughing in time with your breathing) helps you loosen mucus more easily. Sitting in the correct position and using deep breathing can help you do this. When you need to cough, repeat these steps until you bring up the excess mucus.

### Home Care

Follow these steps to do controlled coughing.

- Make sure you have a box of tissues at your side.
- Sit on a chair with both feet on the floor. Fold your arms across your upper abdomen.
- Take a slow, deep breath in through your nose. Hold for 2 counts.
- Lean forward slightly.
- Cough twice— 2 short, sharp coughs. As you cough, gently push against your body with your arms.
- Relax for a few seconds.
- Repeat the above steps until you've coughed up all the excess mucus.
- Be sure to wash your hands when you are done.



### Follow-Up

Make a follow-up appointment as directed by our staff.

#### When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Shortness of breath, wheezing, or coughing
- Increased mucus
- Yellow, green, bloody, or smelly mucus
- Fever or chills
- Tightness in your chest that does not go away with rest or medication

- An irregular heartbeat
- Blue lips or fingernails

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