

Cough Assist Machine

Cough Assist Machine copies a natural cough. It slowly pushes a large amount of air into the lungs, like a deep breath, when you breathe in using positive pressure. Then, it quickly pulls air and mucus out using negative pressure. This makes your cough stronger and clears mucus. Clear airways help lower the risk of infection.

Getting Started

We will help set up the machine and teach you to make changes. You will start with lower pressures to become comfortable with the therapy. The lower pressures may not work well.

A cough machine breath has three parts: breathe in, breathe out, and a pause. A common treatment is 4 sets of 5 breaths. This may change based on how well you clear mucus. Rest for 20–30 seconds or more between sets so you can clear mucus from the mouth and nose.

Examples of Common Cough Assist Devices

Scan the QR codes or click the link to learn the type of equipment. Your home care company will supply you with the brand that they carry.

BiWaze® Cough System

<https://abmrc.com/biwaze/>



Synclara Cough System

<https://www.hillrom.com/en/products/synclara-home-care-patient/>



CoughAssist T70

<https://www.youtube.com/watch?app=desktop&v=62cLLZO9-u4&t=58s&ra=m>



Machine Set Up

1. Wash your hands with soap and warm water. You can also use anti-bacterial hand gel.
2. Plug the device into a power source or use the battery.
3. Connect the filter and tubing to the machine.
4. Connect the mask, mouthpiece, or trach adapter to the tube.

How to Use

1. Press the start/stop button to turn on and press **therapy**.
2. As you inhale, the machine will help by giving a big breath of air. This breath will end at the time set on your machine.
3. As you exhale, the machine pulls out air and mucus to make the cough stronger and clear the mucus.
4. Take 4–6 breaths with the cough machine, then rest for 20–30 seconds. Cough out any mucus.
5. You may need nose clips when you use a mouthpiece.
6. A well-fitting, soft seal mask is important, so it won't leak. Some patients may need to support their head from behind during breaths to help keep their airway open. They may need firm pressure for this to work well.
7. If you have a cuffed tracheostomy tube, inflate the cuff during the treatment if directed by your care team.

Cleaning

The mouthpiece must be cleaned after every treatment. To clean the mouthpiece, mask, or trach adapter:

1. Wash your hands.
2. Take off the mouthpiece and wash in dish soap (Ivory[®], Joy[®], etc.) and hot water. **Do not** wash with dishes.
3. Rinse with hot tap water.
4. Air dry on a clean towel until your next treatment.
5. The bacteria filter on the side of the machine cannot be washed. It should be replaced monthly or when blocked with mucus or trapped moisture.
6. With normal use, the small square air filter at the back of the machine should be cleaned at least once every 2 weeks and replaced every 6 months.
7. Unplug device and wipe outside surface using a clean cloth dampened with water and mild detergent, or 70% isopropyl alcohol.
8. Replace the mask if it becomes torn or if you can no longer keep a good seal.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7745