

# Lung Volume Recruitment (LVR) Bag

## What is the LVR bag?

The LVR bag is a stiff 'balloon' that allows air to be pushed into your lungs via a one-way valve.

## What does it do?

The LVR bag allows you to 'stack up' several small breaths, one on top of the other without breathing out in between. This allows you to fill your lungs more than you could with a single breath. Taking a big breath can help you to produce a cough which is important to clear secretions (phlegm) from your lungs. Routine use of the LVR bag can help to reduce the risk of chest infections.

## Why do I need it / how will it help me?

The LVR bag is useful for people who find it difficult to take a deep breath and to cough due to changes to their respiratory muscles or lung tissue. People who have changes to their glottis (vocal cords) which make it difficult to hold their breath or cough, may also find it helpful.

## Are there times I should not use it?

Yes, if you cough up blood-stained secretions or are feeling very short of breath do not use the LVR bag and seek medical advice. Do not use the LVR bag for two hours after eating. This is because the pressure on your stomach may make you feel nauseous when taking a large breath.

## How do I use the LVR bag?

- Sit in an upright position

- If the bag is being squeezed for you by somebody else then ensure you have both agreed on a signal that you will give that indicates when your lungs are full (and to stop squeezing air in) before starting, i.e. a wave of the hand, raising of the eyebrows etc.
- Breathe out fully.
- Place your lips tightly around the mouthpiece (making sure to use the nose clip).  
If using the facemask, you won't need a nose clip, however do cover your nose and mouth with the facemask making a tight seal around them so that there is no air leaking out
- Co-ordinate your breaths with squeezing the bag so that every time you breathe in you are gently squeezing the bag to help push more air into your lungs.  
The squeezing should be fast and short/small although gentle. You don't have to squeeze the whole bag at once, just a little in each breath (see the video via QR code link).
- Repeat these breaths in alongside the bag squeezes \_\_\_\_ times until your lungs are full.
- Try to hold your breath briefly for \_\_\_\_ seconds. (If you find this difficult the LVR bag will keep the air in for you.  
Just maintain the seal round the facemask or mouthpiece)
- Remove the mask and breathe out.
- Repeat the above process up to five times.
- As you breathe out on the last breath, cough strongly.  
Your therapist may advise that your cough can be improved by a trained carer/relative physically assisting you to cough and will teach you this accordingly if required.
- This whole process is known as one 'cycle'.
- Take a brief rest then repeat the cycle two or three times.

### **How often should I use it?**

You should complete at least two cycles of up to five breaths every day. However, if you need more cycles to help you clear your chest then you might benefit from using it more often or completing more cycles. It can be tiring, so make sure you take adequate rests between cycles.

### **How do I clean it?**

The facemask, mouthpiece and tubing can be detached and washed in warm soapy water then left to air dry.

### **Who can I contact for more information/advice?**

If you have any further questions, please contact your local relevant service as detailed below.

**Scan this QR Code if you would like to see video instructions on how to use your bag**



### **IMPORTANT**

**Due to the one-way valve on the LVR bag it must NOT be used for resuscitation in the event of emergency. Please ensure your LVR bag has a sticker on it denoting this.**

**The LVR bag should only be used by those trained and deemed competent to use it.**

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

