

A DAY IN THE LIFE

A sample routine for a baby with cystic fibrosis at daycare

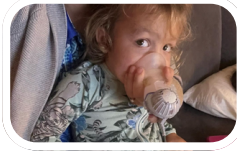
MORNING ROUTINE

6:15AM PHYSIO



Airway clearance physio-
percussion on sides and back.
Approx 20 mins.

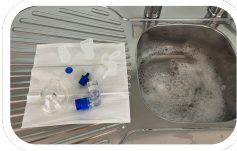
Nebulised antibiotics.
Approx 15 mins.



6:45AM NEBULISER

7AM BREAKFAST & MEDICATIONS

Parent cleans nebuliser
equipment & packs daycare bag
including enzymes and apple
puree.



Enzymes with apple puree to help with
the digestion of breakfast. Will also take
salt, vitamin & antibiotic solutions &
modulator medication if applicable.

7:30AM CLEAN UP

ARRIVE AT DAYCARE

9:30AM MORNING TEA



Need enzymes with apple puree.
May need high fat food.

More enzymes and apple puree
with bottle.



11:30AM BOTTLE & NAP

1PM LUNCH



Enzymes with apple puree. May
need high fat foods. Might also
need salt solution.

Enzymes with apple puree. May
need high fat foods.



3:30PM AFTERNOON TEA

NIGHT TIME ROUTINE

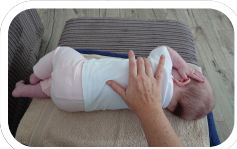
Enzymes with apple puree.
Also take more salt & antibiotic
solutions & modulator
medication if applicable.



5PM DINNER & MEDICATIONS

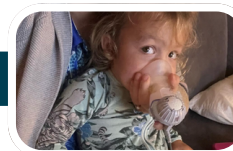
5:30PM BATHTIME

Airway clearance
physiotherapy- percussion on
sides and back.
Approx 20 mins.



6PM PHYSIO

6:30PM NEBULISER



Nebulised antibiotics.
Approx 15 mins.

7PM BEDTIME