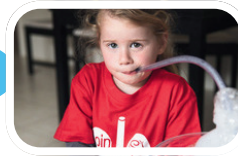


# A DAY IN THE LIFE

A sample routine for a child with cystic fibrosis at primary school

## MORNING ROUTINE

6:15AM PHYSIO



Airway clearance physiotherapy-  
bubble PEP. Approx 20 mins.

Nebulised antibiotics.  
Approx 15 mins.



6:45AM NEBULISER

7AM BREAKFAST & MEDICATIONS



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

Parent cleans nebuliser  
equipment & packs school bag  
including enzymes.



7:30AM CLEAN UP

## ARRIVE AT SCHOOL

9:30AM CRUNCH N SIP



High energy snack with enzymes  
required alongside crunch n sip.

Enzymes with  
recess.



11:30AM RECESS

1PM LUNCH



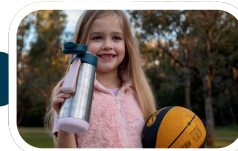
Enzymes with lunch including high  
fat foods. Might also need salt  
capsule.

## NIGHT TIME ROUTINE

Enzymes with afternoon tea.

3:30PM AFTERNOON TEA

4PM SPORT



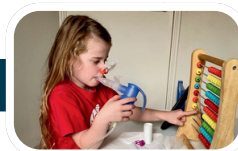
Physical activity is important to  
keep the lungs healthy.

Enzymes with dinner. Also take  
more salt & antibiotic capsules  
& modulator medication if  
applicable.



5PM DINNER & MEDICATIONS

6PM PHYSIO



Airway clearance physiotherapy-  
PEP. Approx 20 mins.

Nebulised antibiotics.  
Approx 15 mins.



6:30PM NEBULISER

7PM BEDTIME