Awake Prone Positioning: Instructions for patients

Your healthcare team recommends that you lie on your stomach (prone position) and change positions throughout the day. This will help you get more air into your lungs. **If you are able to move on your own, please try the following:**

**STEP 1**
Lie on your STOMACH for 30 minutes to 2 hours.

**STEP 2**
Lie on your RIGHT SIDE for 30 minutes to 2 hours.

**STEP 3**
SIT UP for 30 minutes.

**STEP 4**
Lie on your LEFT SIDE for 30 minutes to 2 hours.

**Tips for Getting Into Position**

1. Lie down in the position, using the pictures here as a guide.
2. Place pillows under your neck, shoulders, hips, and feet as needed. This will help avoid strain on these areas.
3. Be aware of any lines and tubes. Try not to lie on or bend them.
4. Read a book or use a tablet or phone to help you stay in position longer.
5. Ask for help as needed.

**If you are able to complete all the steps and your breathing and comfort has improved, try doing all the steps again.**

You should start to breathe better and feel more comfortable within 5 to 10 minutes of changing positions.

**STOP and call your nurse if you feel:**

- Chest pain or discomfort
- Increased shortness of breath or difficulty breathing
- Nauseous or need to vomit
- You cannot stay in the position for the recommended time.