

Incentive Spirometer

WHAT YOU NEED TO KNOW:

What is an incentive spirometer?

An incentive spirometer is a device that measures how deeply you can inhale (breathe in). It helps you take slow, deep breaths to expand and fill your lungs with air. This helps prevent lung problems, such as pneumonia. The incentive spirometer is made up of a breathing tube, an air chamber, and an indicator. The breathing tube is connected to the air chamber and has a mouthpiece at the end. The indicator is found inside the device.

Why do I need to use an incentive spirometer?

An incentive spirometer is most commonly used after surgery. People who are at an increased risk of airway or breathing problems may also use one. These include people who smoke or have lung disease. This may also include people who are not active or cannot move well.

How do I use an incentive spirometer?

Sit up as straight as possible. Do not bend your head forward or backward. Hold the incentive spirometer in an upright position. Place the target pointer to the level that you need to reach. Exhale (breathe out) normally and then do the following:

Put the mouthpiece in your mouth and close your lips tightly around it. Do not block the mouthpiece with your tongue.

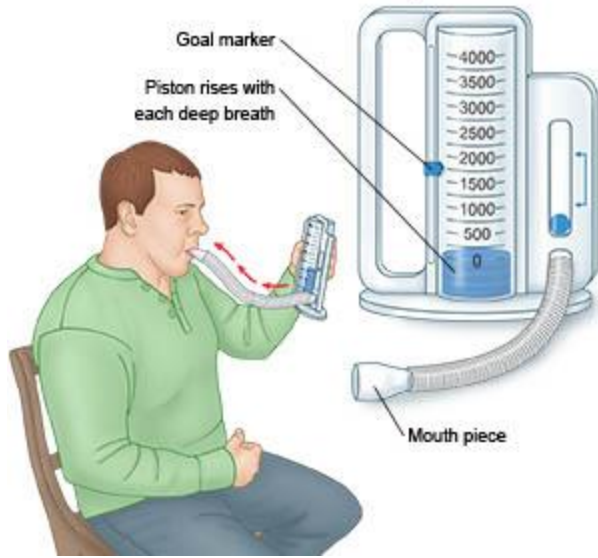
Inhale slowly and deeply through the mouthpiece to raise the indicator. Try to make the indicator rise up to the level of the goal marker.

When you cannot inhale any longer, remove the mouthpiece and hold your breath for at least 3 seconds.

Exhale normally.

Repeat these steps 5 to 10 times every hour when you are awake, or as often as directed.

How to Use an Incentive Spirometer



Caregiver

Date:

Witness:

Date: