

Incentive Spirometry

Patient leaflet

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If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Incentive spirometer

Notes

An incentive spirometer is a hand-held device that can help improve the function of your lungs, by encouraging big deep breaths.

Why we use it

- Prevents lung infections by expanding your lungs
- Strengthens your lungs and the muscles involved in breathing
- Keeps your lungs inflated, allowing the removal of sputum and other secretions
- Prevents the collapse of the bases of your lungs (a risk following surgery or injury to the thorax)

When may you need one?

- Post thoracic injury
- Infection
- Post-surgery
- Ongoing chronic respiratory conditions

Notes

Exercises

Position

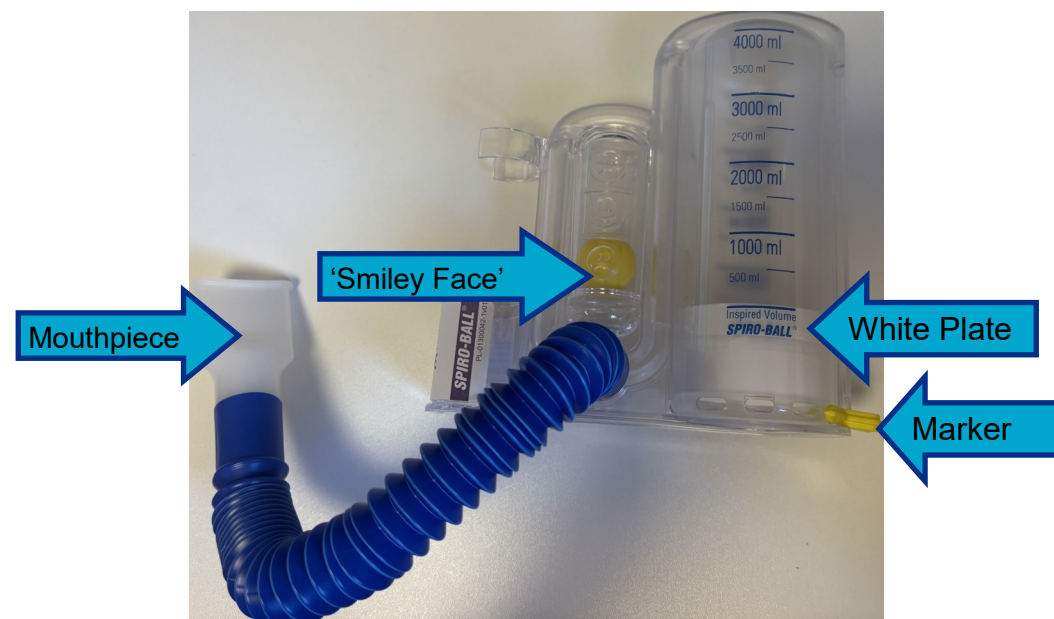
It is better to sit as upright as possible during this exercise. If you are unable to sit upright on the edge of the bed or in a chair, sit as upright as you can tolerate in bed.

Important things to note

- Ensure the tube is connected to the bottom of the device
- Keep the incentive spirometer upright throughout
- Rinse the mouthpiece with warm water following each use and shake it dry
- It is only single patient use. Do not let other people use your incentive spirometer

Technique

1. Make a tight seal with your lips around the mouthpiece
2. Breathe in deeply and slowly through the device, attempt to raise the yellow ball in the first column
3. Aim to keep the yellow ball floating within the smiley face section for the duration of the breath in
4. Once you have inhaled as much as possible, aim to hold the air within your lungs for 3-5 seconds
5. Remove mouthpiece & breathe out slowly
6. During the breath in, the white plate in the second column will also rise. This indicates the volume of air you have breathed in
7. Use the yellow marker to mark the volume achieved. Aim for a higher volume each breath
8. Repeat this 10 times per session, with relaxed normal breathing in between each breath.



How many times you should complete the exercises a day:

If you feel lightheaded or dizzy at any point, immediately stop using the device and alert your physiotherapist.

If you are nauseated or being sick, please do not use your device until you inform your physiotherapist.

If you have any concerns please ask your physiotherapist to go through them with you.