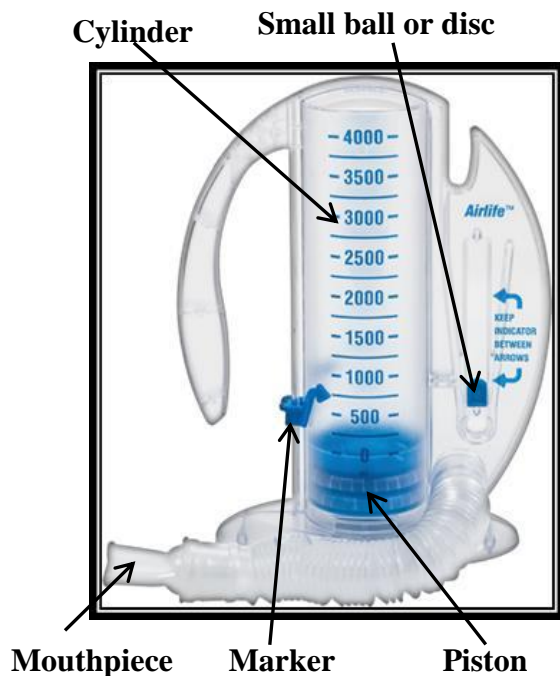


## USING AN INCENTIVE SPIROMETER

An incentive spirometer is used to help you keep your lungs healthy when you have a lung illness such as COPD or pneumonia. It may also be used to prevent breathing problems when you are having surgery or are in the hospital. Using the incentive spirometer teaches you how to take slow deep breaths to fully exercise your lungs.

Using the Incentive Spirometer is something you can do to help your breathing. You need to use the incentive spirometer 10-12 times every 1-2 hours when you are awake. Your doctor or a nurse may have you do more. You need to do this \_\_\_\_\_ times every 1-2 hours.

If you start to feel dizzy or lightheaded, remove the mouthpiece from your mouth and take some normal breaths. Continue using the incentive spirometer when dizziness has cleared.



When using the Incentive Spirometer, **sit up** as straight as possible and **hold** the incentive spirometer.

- Place the mouthpiece of the incentive spirometer in your mouth. Make sure you make a good seal over the mouthpiece with your lips.
- Breathe out (exhale) normally.
- Breathe in (inhale) **SLOWLY** and as **BIG** as you can.
- Hold your breath for 3 to 5 seconds, and then slowly exhale.

The piston in the cylinder will rise as you breathe in.

- Try to get this to rise as high as you can. Note highest value using the spirometer's marker.

A smaller piece on the side of the incentive spirometer holds a small ball or disc.

- **Your goal should be to make sure this ball stays in the middle of its chamber while you breathe in.**
- If you breathe in **too fast**, the ball will shoot to the top.
- If you breathe in **too slowly**, the ball will stay at the bottom.

Using the spirometer the right way will keep the unit clean. When dirty, remove the mouthpiece and wash in soapy water. Cover the mouthpiece when not in use.