

Incentive Spirometer

Using the incentive spirometer, also called a breathing exerciser, helps you take deep breaths to open the air sacs in your lungs. This can help reduce the chance of developing breathing problems like pneumonia.

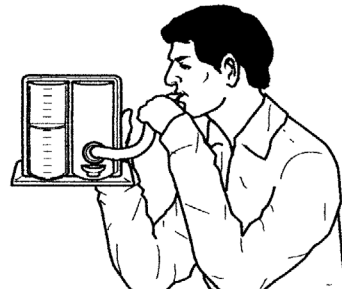
It is important to use the incentive spirometer as directed to help your recovery.

How to Use

1. If possible, sit up straight. It may help to sit on the edge of a chair or your bed.

2. Hold the incentive spirometer upright.

3. Breathe out, then put the mouthpiece inside your mouth. Close your lips tightly around the mouthpiece and take in a slow deep breath through your mouth.



4. As you take a deep breath, the piston in the incentive spirometer will go up. Breathe in slowly to allow the air sacs in your lungs time to open. The incentive spirometer has an indicator to let you know if you breathe in too fast.

5. After you breathe in as deeply as you can, hold your breath for 3 to 5 seconds. Set the goal indicator tab at the level that you reached.

6. Take out the mouthpiece and breathe out slowly. Relax and breathe normal for a few seconds until the piston returns to the bottom of the chamber.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

7. **Repeat these steps for a total of 10 times every hour or as directed by your doctor.** If you start to feel lightheaded or dizzy, slow down your breathing and give yourself more time between deep breaths.

8. After you do the 10 deep breathing exercises, it is very important to take a deep breath and cough to clear the mucus from your lungs. **If you had surgery on your chest or stomach,** support your incision by holding a pillow or folded blanket firmly against your incision. This will provide support and decrease the pain you feel when you cough.

Helpful Hints

- Take medicine to control your pain. It is harder to take a deep breath if you are having pain.
- Keep the incentive spirometer within reach, so you remember to use it as directed.
- Use your incentive spirometer when you go home to help keep your lungs clear while you recover.