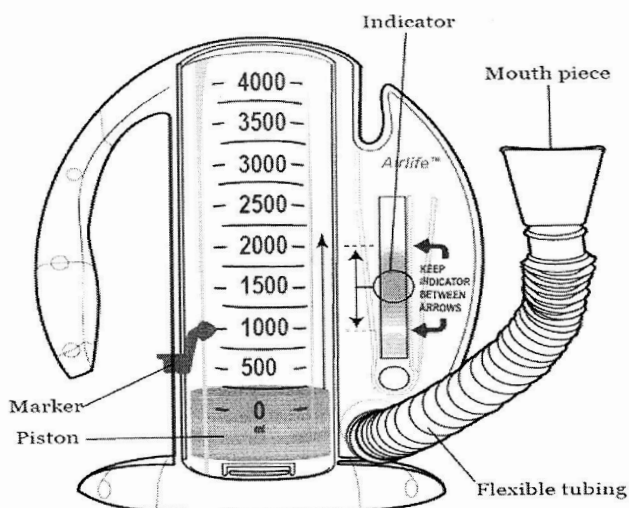


How to Use an Incentive Spirometer

An incentive spirometer is a device used to encourage you to take deep breaths. Taking long deep breaths may help decrease the chance of developing breathing (pulmonary) problems following a surgery of the chest or abdomen.



Instructions:

1. Sit in a comfortable upright position. It may help to sit on the edge of either your bed or chair.
2. Hold the incentive spirometer upright.
3. Breathe out normally, then close your lips tightly around the mouth piece.
4. Take a deep breath in through the mouthpiece.
5. As you take a deep breath, the piston in the clear chamber of the incentive spirometer will rise. It is important to breathe in slowly to allow the air sacs in your lungs time to open.
6. 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.
7. Take out the mouthpiece and breathe out slowly. Relax and breathe normally for a few seconds.
8. Repeat this technique 10 times per hour or as directed by your surgeon.

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.
- If you start to feel lightheaded, slow down your breathing and give yourself more time between deep breaths.



Incentive Spirometer Patient Tracking Form

Day Of Surgery

Time	# Breaths	Highest vol. achieved (ml)	Goal Met
8:00 AM			Y or N
9:00 AM			Y or N
10:00 AM			Y or N
11:00 AM			Y or N
12:00 PM			Y or N
1:00 PM			Y or N
2:00 PM			Y or N
3:00 PM			Y or N
4:00 PM			Y or N
5:00 PM			Y or N
6:00 PM			Y or N
7:00 PM			Y or N
8:00 PM			Y or N

Post-op Day 1

Time	# Breaths	Highest vol. achieved (ml)	Goal Met
8:00 AM			Y or N
9:00 AM			Y or N
10:00 AM			Y or N
11:00 AM			Y or N
12:00 PM			Y or N
1:00 PM			Y or N
2:00 PM			Y or N
3:00 PM			Y or N
4:00 PM			Y or N
5:00 PM			Y or N
6:00 PM			Y or N
7:00 PM			Y or N
8:00 PM			Y or N

Post-op Day 2

Time	# Breaths	Highest vol. achieved (ml)	Goal Met
8:00 AM			Y or N
9:00 AM			Y or N
10:00 AM			Y or N
11:00 AM			Y or N
12:00 PM			Y or N
1:00 PM			Y or N
2:00 PM			Y or N
3:00 PM			Y or N
4:00 PM			Y or N
5:00 PM			Y or N
6:00 PM			Y or N
7:00 PM			Y or N
8:00 PM			Y or N

Instructions: Each time you use your incentive spirometer, keep track of your usage by placing a check mark in the appropriate slot under the heading entitled # Breaths. In addition, each hour, to assist the medical team with assessing how well your lungs are functioning please track the highest level the piston moves up the large column under the heading entitled Highest Vol. achieve (ml). Remember the goal is to use your spirometer 10 times per hour.



How to Use an Incentive Spirometer

Last Revised April 8, 2019



420b

PT.

MR./P.M.

DR.