

## How to Use an Incentive Spirometer

### Why is incentive spirometry ordered?

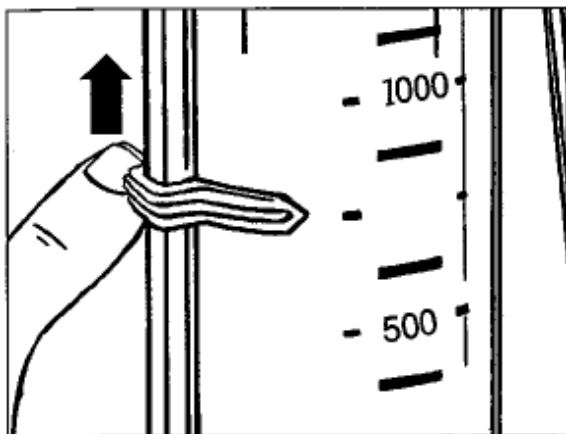
Incentive spirometry is ordered by your surgeon after surgery or by your medical doctor to help your breathing and to prevent a condition called atelectasis.

Atelectasis is a lung condition in which the small air sacs in the lungs, called alveoli, become blocked with mucus, causing them to collapse. When this happens, it may lead to pneumonia and to problems breathing.

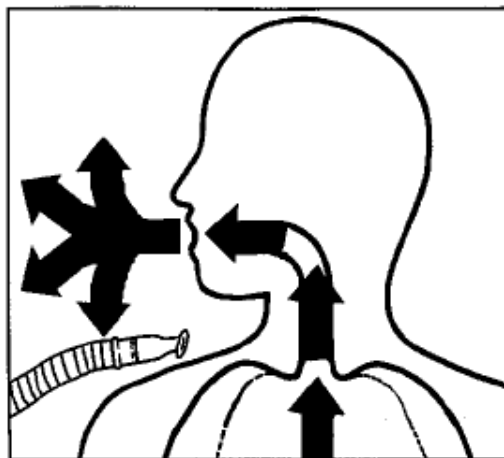
Incentive spirometry is a breathing exercise that is done using an incentive spirometer. It is recommended to use your incentive spirometer several times an hour while awake to help your breathing and to keep your lungs clear of mucus.

### How is an incentive spirometer used?

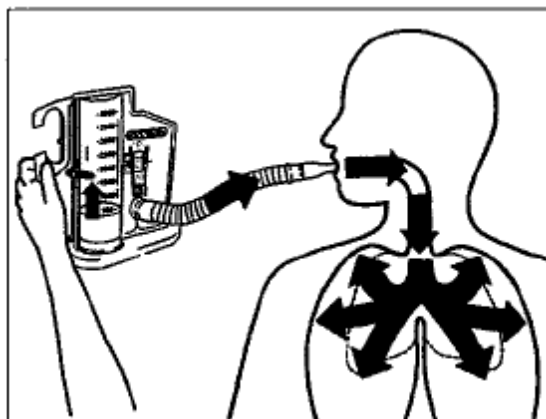
1. Slide the yellow Patient Goal indicator to the volume level prescribed by your doctor, or suggested by your healthcare worker.



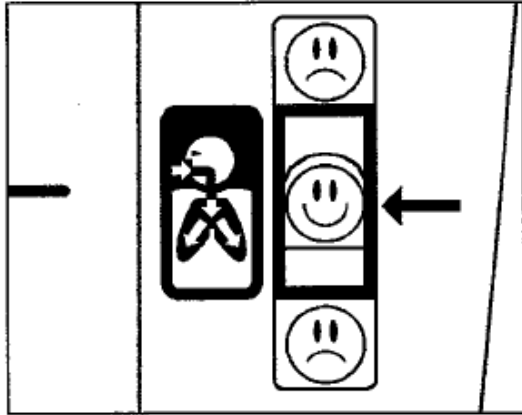
2. With your lips off of the mouthpiece, breathe out completely.



3. Then close your lips tightly around the mouthpiece and breath in slowly and deeply.



4. Keep the small yellow inspiratory coach as close to the happy face as possible.



5. Breathe in as deeply as possible. When you cannot inhale any more, hold your breath for 6 seconds and note the highest level the top of the yellow piston reaches. Try to reach your prescribed goal.
6. Use your incentive spirometer ten times an hour while awake. Also attempt coughing deeply after each treatment to move any mucus in your lungs.

Source: Smiths Medical. (2008). Coach2 Incentive Spirometry pamphlet.

*For more information, or to learn about the specialized services and programs available at Danbury Hospital, please visit [www.DanburyHospital.org](http://www.DanburyHospital.org)*