

## Incentive Spirometer

An incentive spirometer is used to assist patients to take a deep breath in, filling the lungs with air. A deep breath will splint open the airways within your lungs, filling your lungs with air.

Incentive spirometers can also help clearing secretions from the lungs by getting air behind the secretions and pushing them up the airways where you can then cough and clear them. It is important to take a slow, long deep breath in so air enters the airways at the bottom of your lungs, rather than just filling up the top of your lungs.

Taking regular deep breaths is particularly important for patients who have had surgery, as they are most at risk of reduced air entry and retained secretions which could lead to a chest infection.

If you require an incentive spirometer it will be provided by your physiotherapist who will also advise you on how many repetitions to complete each day depending on your own circumstances.



How to use an incentive spirometer:

1. Keep the device upright
2. Breathe out fully
3. Seal your lips fully around the mouth piece and breath in slowly but deeply, as if you are sucking on a straw, holding for three seconds before you breathe out.
4. Try to keep the ball in the happy face area
5. Have a rest between each breath, and complete repetitions as guided by your physiotherapist- try not to take too many breaths too quickly, it can make you feel dizzy.
6. Note the highest level the white bar reaches in mls, mark this using the yellow indicator, and try to equal or beat this each time you take a breath.

A demonstration of how to use an incentive spirometer can be found at:

<https://www.youtube.com/watch?v=VHN5zPaw96w>