

Patient Education

How to Use an Incentive Spirometer



1. Sit or lie upright as straight as possible.
2. Hold the incentive spirometer upright.
3. Your health care provider will set the target indicator to the desired level. This target level will be progressed by the health care provider as treatment progresses.
4. Breathe out normally.
5. Put the mouthpiece in your mouth and close your lips tightly around it. Do not block the mouthpiece with your tongue.
6. Breathe in slowly and deeply through the mouthpiece. Try to make the indicator rise up to the level of the goal marker while keeping the bobble-piece between the arrows.
7. When you cannot breathe in any longer, remove the mouthpiece and hold your breath for at least 3 seconds.
8. Breathe out normally.



Repeat these steps **10-12 times every hour when you are awake.** (two sets of 5 breaths or three sets of 4 breaths seem to work best). Follow each set with a cough (*if you have an incision from surgery, use a pillow to provide support over the incision for coughing*).

WE CARE FOR PEOPLE

Compassion • Accountability • Rights & Responsibilities • Excellence

The information contained in this document are for information purposes only. They are not intended to be used as or replace medical advice given by a qualified health care provider.