



Incentive Spirometer

Patient Information Booklet

Physiotherapy Department
Lincoln County Hospital
01522 573945
www.ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

What is an Incentive Spirometer?

An incentive spirometer is designed to encourage you to take long deep breaths regularly throughout the day.

Its aim is to help keep your lungs active throughout the recovery process after surgery or when you have a lung illness, such as pneumonia.

It provides you with visual feedback and you can monitor how much your lung function is improving.

How to use your incentive spirometer

1. Make sure the end of the spirometer is clean. If not, clean in clear warm water.
2. Completely breathe out.
3. Place mouthpiece in mouth and hold with lips.
4. Breathe in slowly and keep the first two balls at the top of the tubes.
5. Keep the two balls in this position for a minimum of 3 seconds.
6. Remove mouthpiece before breathing out.

Reminders

- Aim to repeat the steps 5 times every hour.
- Make sure your incentive spirometer mouth piece is cleaned with clear warm water and leave to air dry.
- Keep track of your use of the spirometer with the diary on the next page by placing ticks in the relevant box each time you use it (as shown).
- If you start to feel dizzy or lightheaded then please stop.

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example	√						
09.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							