



Incentive Spirometer

Why use an Incentive Spirometer?

- Re-inflates lungs following surgery
- Helps remove retained secretions by moving phlegm
- Reduces risk of chest infections after surgery
- Reduces likelihood of altered breathing patterns

How to use your incentive spirometer

1. Sit in an upright position.
2. Fully exhale (breathe out) and relax your shoulders.
3. Place your mouth around the mouthpiece with a good seal.
4. Hold the incentive spirometer upright.
5. Take a slow, deep inhale (breath in) like you are sucking through a straw.
6. Continue to inhale for as long as you can, ensuring the small blue counter remains in between the two arrows indicated on the side.
7. Whilst inhaling, the large blue disc will rise indicating the volume of your breath.
8. Remove the mouthpiece and slowly exhale.
9. Repeat this process aiming for **4-5 breaths every hour** until your mobility is back to normal.



How do I look after my Incentive spirometer?

Refer to manufacturer's guidance for cleaning.

Additional information

It is essential that you bring your incentive spirometer with you on the day of your surgery

Take a note of the number you reach with the large blue disc before your surgery as this will be your baseline level. This is the number you will be aiming for after your surgery.

If you have received the incentive spirometer preoperatively, you will be provided with additional information at your appointment.

Scan the QR code below for a visual guide on how to use the incentive spirometer correctly.



Information for Patients

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk