



York and Scarborough  
Teaching Hospitals

NHS Foundation Trust

# Incentive spirometer

Information for patients

① For more information, please contact:

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## **Aim of the leaflet**

This leaflet is aimed at patients who have been given an incentive spirometer before their operation. In the following pages, we show you how to use your incentive spirometer.

**Please bring the spirometer and this leaflet with you when you come in for your operation.**

## **What is an incentive spirometer?**

An incentive spirometer is a device that encourages you to take slow, deep breaths. By using the device before and after your operation, it can help reduce the risk of you having a chest infection after your operation.



## **How to use your incentive spirometer**

1. Sit comfortably in an upright position.
2. Connect the blue tubing to the base of the device.
3. Hold the device at the same level as your mouth.
4. Breathe out normally.
5. Place the mouthpiece in your mouth and seal your lips around it.
6. Take a slow deep breath in and try to hold your breath for two to three seconds.
7. The aim is to raise all three balls to the top of the device one at a time. This may not be appropriate for everyone; your nurse will guide you.
8. Complete ten deep breaths with the device taking a rest in between each deep breath as required.
9. Repeat the above a minimum of five times daily and record your usage in the table on the next page.

## **How to clean the incentive spirometer**

The mouthpiece and tubing should be removed every day, washed in warm soapy water and then rinsed and left to air dry.

You can find further information on our website [www.yorkperioperativemedicine.nhs.uk](http://www.yorkperioperativemedicine.nhs.uk)



## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Perioperative Nursing Team, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 631313 ext1758 or email [periop@york.nhs.uk](mailto:periop@york.nhs.uk).

## **Teaching, training, and research**

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

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Owner	Jenny Olivey, Specialist Physiotherapist
Date first issued	May 2016
Review Date	December 2022
Version	3 (reissued December 2020)
Approved by	Perioperative Nursing Team, Mr Chintapatla, Consultant Surgeon
Document Reference	PIL 1032 v3.2
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