

Incentive Spirometer (IS)

What is an incentive spirometer (IS)?

The IS breathing device that helps your child to improve take deep breaths. This will improve your child's lung performance.

What is it used for?

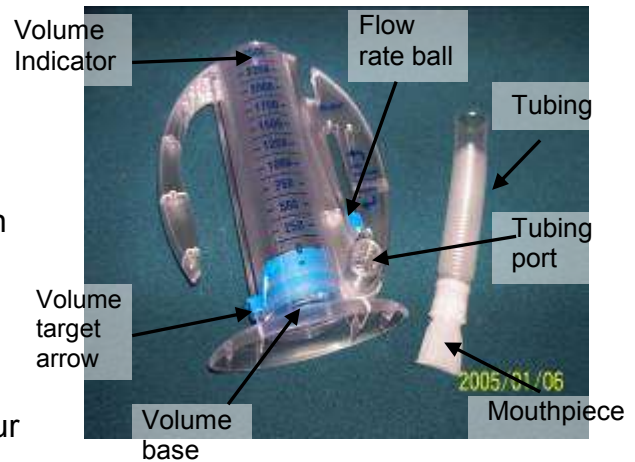
Using the IS will help open airways in your child's lungs. This will help prevent and treat any lung infection. It will also help your child cough better after surgery.

How old should a child be in order to use it?

It works best if your child can take a deep breath through their mouth when asked. Most children are able to do this at about the age of 5 years.

Directions for use:

1. Pull on the tube to stretch it out.
2. Attach to the tubing port.
3. Slide the arrow to the target volume level prescribed.
4. Breathe out (exhale) completely and then close your lips tightly around the mouthpiece.
5. Breathe in (inhale) slowly, keeping the flow rate ball between the arrows.
6. When you can't inhale anymore, hold your breath for 6 seconds. Note the highest number the volume reached. You should try to reach your target level each time.
7. Exhale slowly and let the volume base go back to the bottom.
8. Repeat steps 4 through 7 as many times as prescribed.



ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.