

Using a Spiro-Ball Incentive Spirometer



What is an Incentive Spirometer?

They are devices used to help expand your lungs by helping you to breathe more deeply and fully following the injury to your chest. It should help you to clear phlegm (sputum) and prevent you from developing problems following your injury such as a chest infection.

How do I set it up?

Take the blue mouthpiece out of its holder and attach it underneath the symbols of the faces. (There is also a diagram showing how to do this on the instruction leaflet included in the bag). Initially it doesn't matter when the yellow level-indicator is.

How do I use it?

It is useful to have taken some painkillers 30 minutes before using the device to get the best results.

Read these instructions through once before using

1. Ideally sit in a chair, sit upright in bed or stand to use the device.
2. Keep the device upright so it works correctly.
3. Breathe out and place the mouthpiece between your lips forming a good seal **THEN IMMEDIATELY** take a slow steady breath in for as long as you are able. Try to expand your abdomen rather than your upper chest.
4. You are aiming to get the ball to the happy face only, and keep it there as long as you can. Once you feel your lungs are full, slowly breath out and remove the mouthpiece from your mouth.
5. Whilst breathing in note what level the white piston on the side of the device rises to. You should then move the yellow marker to that level.
6. **This will become your target for equalling or improving on. (If on the next attempt you improve, you can move the marker up and so on.)**
7. Take 3-4 normal breaths or until your breathing feels back to normal.
8. Repeat this 5 times to make ONE cycle. Then repeat the cycle **ATLEAST** 4 times a day.
9. Make sure to wash the device mouthpiece with warm soapy water and leave to dry between each cycle.

