



## Asthma - Reactive Airway Disease

### Self Care Instructions: Incentive Spirometry

Respiratory Care Department

**PURPOSE:** Your physician has ordered for you an Incentive Spirometer to maintain and/or improve your lung function through controlled breathing exercises.

#### INSTRUCTIONS:

1. Sit in an upright position.
2. Hold or stand Incentive Spirometer in an upright position.
3. Exhale normally. Place the mouthpiece in between your teeth with lips tightly sealed and inhale slowly.
4. While inhaling slowly:
  - a. Try to raise the white piston (column) in the chamber as high as you can. The top of the piston indicates volume obtained.
  - b. The top of yellow air float should stay in the clear window. The float indicates proper inhalation.
5. After taking the deep breath, hold the air in your lungs for three (3) seconds before exhaling normally.
6. Repeat steps a and b for a total of twenty (20) times.
7. Use your Incentive Spirometer at least every two (2) hours or as ordered by your Doctor.
8. Stop and rest if you become lightheaded or dizzy.
9. **Inhale deeply and cough after you have completed the Incentive Spirometry Exercise.**