

McLaren Print System Order

Order No: 46311
Order Date: 2019-06-19
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Ship Location: McLaren-Flint-4c Att Mindy
401 Ballenger Hwy
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Forms

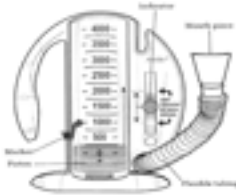
Quantity: 100
Paragon Dept No: 6026010
Dept Name: SCU
Company Number: 60

Order Total Price: 0.00

Item Number: 17381
Item Description: How to Use an Incentive Spirometer
Revision Date: 4/2019
Print: 2 sided black and white
Paper: 20# White Text
Size: 8.5 x 11
Fold:
Finish: None
Drill: None
Misc Info: ds; black & white

How to Use an Incentive Spirometer

An incentive spirometer is a device used to encourage you to take deep breaths. Taking long, deep breaths may help decrease the chance of developing breathing (respiratory) problems following a surgery of the chest or abdomen.



Instructions:

1. Sit in a comfortable upright position. It may help to sit on the edge of either your bed or chair.
2. Hold the incentive spirometer upright.
3. Breathe out normally, then close your lips tightly around the mouth piece.
4. Take a deep breath in through the mouthpiece.
5. As you take a deep breath, the piston in the clear chamber of the incentive spirometer will rise. It is important to breathe in slowly to allow the air sacs in your lungs time to open.
6. After you breathe in as deeply as you can, hold your breath for 3 to 5 seconds. Set the gold indicator tab at the level that you reached.
7. Take out the mouthpiece and breathe out slowly. Relax and breathe normally for a few seconds.
8. Repeat this technique 10 times per hour or as directed by your surgeon.

Helpful Hints:

Spec Info: *difficult to control your pain. It is harder to take a deep breath if you are having pain.*

** Keep the incentive spirometer within reach, so you remember to use it as directed.*

** If you start to feel lightheaded, slow down your breathing and give yourself more time between deep breaths.*