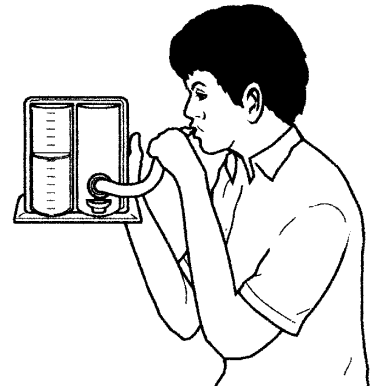


# Incentive Spirometer

An incentive spirometer is a device used to help you take deep breaths. This opens the air sacs in your lungs to keep your lungs healthy.

## How to use the incentive spirometer:

1. Hold the device straight up in front of you.
2. Breathe out.
3. Close your lips tightly around the mouthpiece.
4. Inhale slowly and deeply through your mouth. This slow deep breath will raise the piston as the air sacs in your lungs open.
5. When you feel you cannot breathe in any longer, take the mouthpiece out of your mouth.
6. Hold your breath for 3 to 5 seconds then breathe out slowly.
7. Breathe normally for a few breaths and let the piston return to the bottom of the chamber.
8. Repeat this 10 times. If you feel dizzy, slow your breathing down.
9. After you take the 10 deep breaths on your incentive spirometer, cough. This may remove secretions that build up in your lungs.

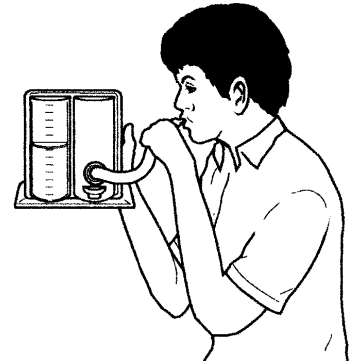


# Spiromètre incitatif

Un spiromètre incitatif est un appareil utilisé pour vous aider à prendre de profondes inspirations. Il ouvre les sacs alvéolaires de vos poumons afin que ces derniers soient en bon état.

## Comment utiliser le spiromètre incitatif :

1. Maintenez l'appareil droit devant vous.
2. Expirez.
3. Bien refermez vos lèvres autour de la partie buccale.
4. Inhalez doucement et profondément par la bouche. Cette lente et profonde inspiration soulèvera le piston lorsque les sacs alvéolaires de vos poumons s'ouvriront.
5. Lorsque vous sentez que vous ne pouvez plus inspirer davantage, retirez l'embout de votre bouche.
6. Retenez votre respiration pendant 3 à 5 secondes puis expirez lentement.
7. Respirez normalement plusieurs fois et laissez le piston redescendre dans le bas de la chambre.
8. Répétez cette opération 10 fois. Si vous vous sentez étourdi(e), ralentissez votre respiration.
9. Après avoir pris les 10 profondes inspirations avec le spiromètre incitatif, tousssez. Cela peut permettre d'évacuer des sécrétions qui s'accumulent dans vos poumons.



- ▶ **If you have had surgery on your chest or stomach**, hold a pillow or folded blanket over your incision. You will have less pain when you cough.

10. Repeat these steps every 2 hours or as directed.

**Talk to the staff if you have any questions or concerns.**

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- ▶ **Si vous avez subi une intervention chirurgicale à la poitrine ou au ventre**, tenez un oreiller ou une couverture pliée sur votre incision. Vous aurez moins mal lorsque vous tousserez.

10. Répétez ces étapes toutes les 2 heures ou comme on vous l'aura indiqué

**Parlez avec le personnel médical si vous avez des questions ou des inquiétudes.**

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Incentive Spirometer. French.