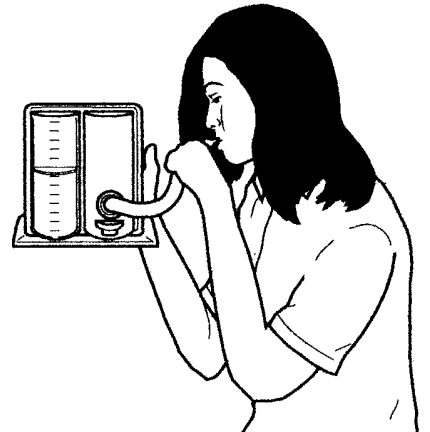


Incentive Spirometer

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.

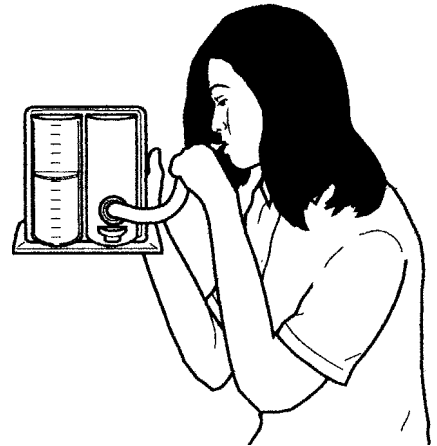


インセンティブ スパイロメーター

インセンティブ スパイロメーターとは、深呼吸を補助するために使用される装置です。肺の空気嚢を開くことにより、肺を健康に保ちます。

インセンティブ スパイロメーターの使用方法

1. 体の正面で装置をまっすぐに持ってください。
2. 息を吐き出します。
3. マウスピースをくわえ、唇とマウスピースの間に隙間がないようにします。
4. 口からゆっくりと息を吸い込んでください。ゆっくりと息を吸うと肺の空気嚢が開いて、ピストンが持ち上がります。
5. これ以上息が吸えないと言う所まできたら、口からマウスピースを外します。
6. 3～5 秒息をとめてから、ゆっくりと吐き出します。
7. 普通に数回呼吸をして、ピストンをチャンバーの底に戻します。
8. これを 10 回繰り返します。めまいを感じたら、ゆっくり呼吸をしてください。



9. After you take the 10 deep breaths on your incentive spirometer, cough. This may remove secretions that build up in your lungs.

- ▶ **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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9. インセンティブ スパイロメーターで 10 回深呼吸をしたら、咳をしてください。肺にたまっていた痰が出てくることがあります。
 - ▶ 胸または腹部に手術の経験がある場合は、枕や折り畳んだ毛布を切開部に当てて行ってください。咳をするときの痛みが軽減されます。
10. 上記の手順を 2 時間ごと、または指示に従って繰り返します。

質問や不明な事項については職員にご相談ください。

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Incentive Spirometer. Japanese.