

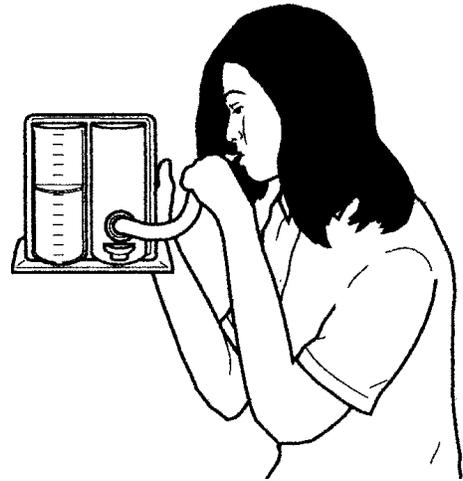
# Incentive Spirometer

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:

Hold the device straight up in front of you.

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



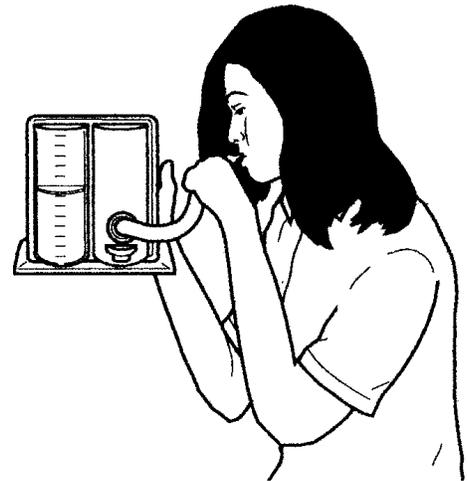
# 유발성 폐활량계

유발성 폐활량계는 심호흡을 하는데 도움을 주는데 사용하는 장치입니다. 이 장치는 폐 안에 공기 주머니를 열어주어 폐를 건강하게 유지해 줍니다.

## 유발성 폐활량계 사용 방법:

전면에서 장치를 똑바로 잡는다.

1. 숨을 내뿜는다.
2. 흡입구 주위를 입술로 꼭 다뭍니다.
3. 입으로 숨을 천천히 그리고 깊이 들이마신다. 숨을 천천히 그리고 깊이 들이마시면 폐 안에 공기 주머니가 열리면서 장치 안에 피스톤이 올라간다.
4. 더 이상 숨을 더 들이마실 수 없을 때 흡입구를 입에서 떼다.
5. 숨을 3-5 초 가량 참았다가 천천히 내뿜는다.
6. 숨을 몇 번 정상적으로 쉰다음 피스톤이 챔버의 맨 밑으로 반환되게 한다.
7. 이 동작을 10 회 반복한다. 어지러우면 숨을 더 천천히 쉰다.



8. 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.
9. Repeat these steps every 2 hours or as directed.

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

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8. 유발성 폐활량계에서 10 회 숨을 깊이 들이마신 후 기침을 한다.  
기침을 하면 폐 안에 쌓인 분비물들이 제거된다.
  - ▶ 가슴이나 위 수술을 한 사람은 수술한 부위에 베개나 담요를 접어서 대십시오. 그럼, 기침할 때 통증이 덜합니다.
9. 이 동작을 매 2 시간마다 또는 의사의 지시대로 반복한다.

질문이나 문제가 있으시면 의사나 간호사에게 말하십시오.

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Incentive Spirometer. Korean.