

# 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.



# Mitirka Kaalmada (Incentive Spirometer)

Mitirka kaalmadu (incentive spirometer) waa qalab loo isticmaalo inuu kaa caawiyo in aad neef qoto dheer qaadato. Kani wuxuu furayaa galalka hawada ee sanbabadaada si uu sanbabadaada uga yeelo kuwo caafimaad qaba.

## Sidee loo isticmaalaa mitirka kaalmada (incentive spirometer):

1. Qalabka si toosan ugu qabo hortaada.
2. Dibedda u neefso.
3. Faruuryahaaga xoogaa ku xir meesha afka la gashado.
4. Si tartiib ah oo qoto dheer hawo afka uga jiido. Neefsashadaan tartiibta ah ee qotada dheer waxay kor u qaadaysaa haniyaha marka uu galka hawada sanbabkaagu furmayo.
5. Markaad dareento in aadan dib danbe neef u qaadan karin, meesha afka la gashto afkaaga ka saar.
6. Neeftada celi ilaa 3illaa 5 ilbidhiqsi ka dibna si tartiib ah dibedda ugu neefso.
7. Si caadi ah u neefso dhowr neefsasho ka dibna u oggolow inuu haniyuhu ku soo noqdo meesha ugu hooseysa rugta.
8. Taas ku soo cel celi 10 goor. Haddii aad wareer dareento, neefsashadaada hoos u dhig.



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.**

9. Marka aad 10 neefsasho oo qoto dheer ku qaadato mitirka kaalmada, qufac. Tan waxaa laga yaabaa in ay kaa soo saarto dheecaannada laga yaabo in ay ku sameysmeen sambabbadaada.
  - ▶ **Haddii feedhaha ama caloosha lagaa qalay**, barkin ama buste la isku laalaabay ku qabo meesha lagaa qalay. Xanuun yar ayaa ku qaban doona markaad qufacayso.
10. Tallaabooyinkaan ku soo cel celi 2 saacadood oo kasta ama sidii lagu faro.

**La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaacyo ah qabtid.**

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Incentive Spirometer. Somali.