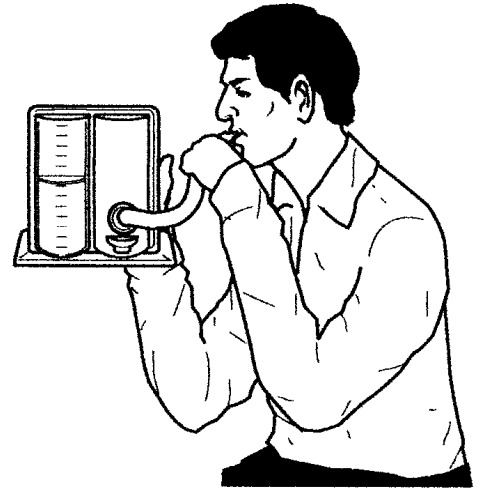


Incentive Spirometer

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 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.

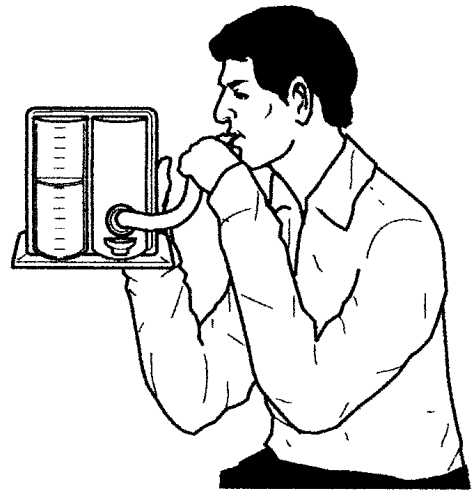


Espirómetro de incentivo

Un espirómetro de incentivo es un dispositivo que se usa para ayudarle a inhalar profundamente. Éste abre los alvéolos de los pulmones para mantener los pulmones sanos.

Cómo usar el espirómetro de incentivo:

1. Sostenga el dispositivo derecho en frente de usted.
2. Exhale.
3. Cierre los labios con fuerza alrededor de la boquilla.
4. Inhale lenta y profundamente por la boca. Esta inhalación lenta y profunda elevará el émbolo a medida que los alvéolos de los pulmones se abren.
5. Cuando sienta que no puede seguir inhalando, retire la boquilla de su boca.
6. Aguante la respiración durante 3 a 5 segundos y luego exhale lentamente.
7. Respire normalmente algunas veces y deje que el émbolo regrese al fondo de la cámara.
8. Repita esto 10 veces. Si siente mareo, disminuya sus respiraciones.



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.

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

9. Después de hacer las 10 respiraciones profundas en su espirómetro de incentivo, tosa. Esto elimina las secreciones que se acumulan en los pulmones.
- ▶ **Si se ha sometido a una cirugía en su pecho o estómago**, sostenga una almohada o cobija doblada sobre la incisión. Sentirá menos dolor cuando tosa.
10. Repita este paso cada 2 horas o según lo indicado.

Hable con el personal si tiene alguna pregunta o inquietud.

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Incentive Spirometer. Spanish.