

Incentive Spirometer

An information guide



Incentive Spirometer

What is an Incentive Spirometer?

An Incentive Spirometer is a device designed to help you take a deep breath, encouraging the filling and opening of air sacs in your lungs. The incentive spirometer has three floats that give you visual feedback of how deep a breath you are taking.



Why do we use Incentive Spirometry?

The use of an Incentive Spirometer helps to increase the volume of air in your lungs, opening up the air sacs, and assisting with the clearance of secretions. This helps you to reduce the risk of developing respiratory complications, such as a chest infection.

How do I use my Incentive Spirometer?

1. Sit comfortably in an upright position.
2. Connect the tubing to the base of the device.
3. Breathe out normally.
4. Place the mouthpiece in your mouth and seal your lips around it.
5. Take a long slow deep breath in, aim to take a breath for two to three seconds.
6. Complete breaths with the device taking a rest in between as required.
7. Repeat at least four times a day. You can record your usage in the table at the back of the booklet.

How to clean the incentive spirometerThe mouthpiece and tubing should be removed every day, washed in warm soapy water and then rinsed and left to air dry. Please avoid family and friends using your Incentive Spirometer, to reduce the risk of infection.

Helpful Hints

- If you start to feel dizzy or light headed, STOP, and take a few normal breaths. Ask your nurse or physio for advice if necessary.
- Keep the incentive spirometer within reach, to remind you to use it.
- If you need help, please ask your nurse or physiotherapist.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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Date of publication: June 2019

Date of review: September 2021

Date of next review: October 2023

Ref: PI(DS)153

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