

# Incentive spirometer (IS)

## What is an incentive spirometer (IS)?

The IS breathing device helps your child to take deep breaths.

## What is it used for?

Using the IS will help open the airways in your child's lungs. This will help your child's lungs stay healthy.

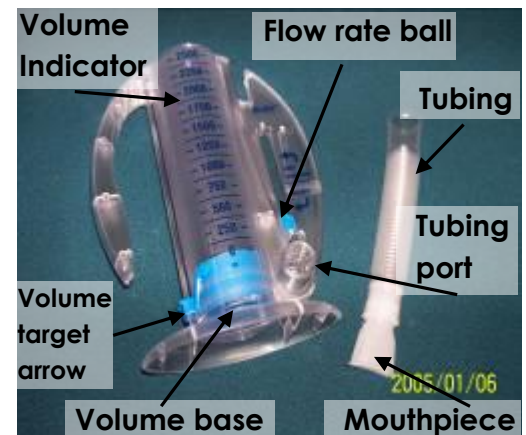
## How old should a child be in order to use it?

Most children are able to do this at about the age of 5 years.



## Directions for use:

1. Pull on the tube to stretch it out.
2. Attach tubing to port.
3. Breathe out (exhale) completely and then close your lips tightly around the mouthpiece.
4. Breathe in (inhale) slowly, keeping the flow rate ball between the arrows.
5. When you can't inhale anymore, hold your breath for 6 seconds. Note the highest number the volume reached on the volume indicator and slide the target volume arrow to that level. Try to reach your target level or better each time.
6. Exhale slowly and let the volume base go back to the bottom.
7. Repeat steps 4 through 7 ten to twenty times or as many times as prescribed.



**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**