



### How to Use an Incentive Spirometer

1. Sit up and hold the device.
2. Place the mouthpiece **spirometer** in your mouth. Make sure you make a good seal over the mouthpiece with your lips.
3. Breathe out (exhale) normally.
4. Breathe in (inhale) **SLOWLY**.

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*