



Supporting our Smokefree Trust

In order to look after the health of our staff, patients and visitors, we ask you politely not to smoke while you are on the hospital grounds.

If you would like support and advice to quit smoking, our Pharmacy shop on the main corridor can help you with further information, so just pop along and have a chat with a Pharmacy stop smoking advisor.

Alternatively, the following Advice and Services are available to you:

Stockport Stop Smoking Service, ABL Health
stockportwellness@ablhealth.co.uk | **0161 870 6492**
For confidential stop smoking advice and support.

NHS Choices & National Smokefree Helpline
www.nhs.uk/live-well/quit-smoking | **0300 123 1044**

Stop Smoking Midwife
Contact our Hospital Switchboard on **0161 483 1010**
and ask for the Stop Smoking Midwife

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Blacking out. Blood loss.	Stepping Hill Hospital A&E or 999 Emergencies only

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:
Patient and Customer Services
Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

PIL No	TRP12510	Pub Date	April 2025	Rev Date	April 2027
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USING AN INCENTIVE SPIROMETER

INPATIENT THERAPIES

Patient Information Leaflet



You may be provided with an Incentive Spirometer. It is designed to help you to take deep breaths and prevent possible respiratory complications (such as chest infections / pneumonia).

Instructions for Using the Incentive Spirometer:

- Ensure your mouth is empty of food / drink /chewing gum.
- With the Incentive Spirometer held in an upright position, first breathe out normally and place your lips tightly around the mouthpiece.
- With the mouth piece in your mouth breathe IN deeply to raise as many balls as possible and for as long as possible. The white ball is the easiest to raise, followed by the light blue, then the dark blue.
- Breathe out after performing the exercise, remove the mouthpiece from your lips and exhale normally.
- Relax following each breath, take a moment to rest, and breathe normally.
- If the Incentive Spirometer is provided before an operation, you only need to repeat this 4 or 5 times a day.
- If you are using the Incentive Spirometer in hospital, repeat the technique 3 or 4 times every 30 minutes (during waking hours only) as long as your pain is well controlled.

- If you feel any dizziness, stop use and come back to it later.
- The tube can be detached so that you can wash it regularly. Rinse it in warm soapy water and leave to dry before use. Only wash the tube/mouthpiece.

Use the Incentive Spirometer for as long as directed by the Health Professional who provided it.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

