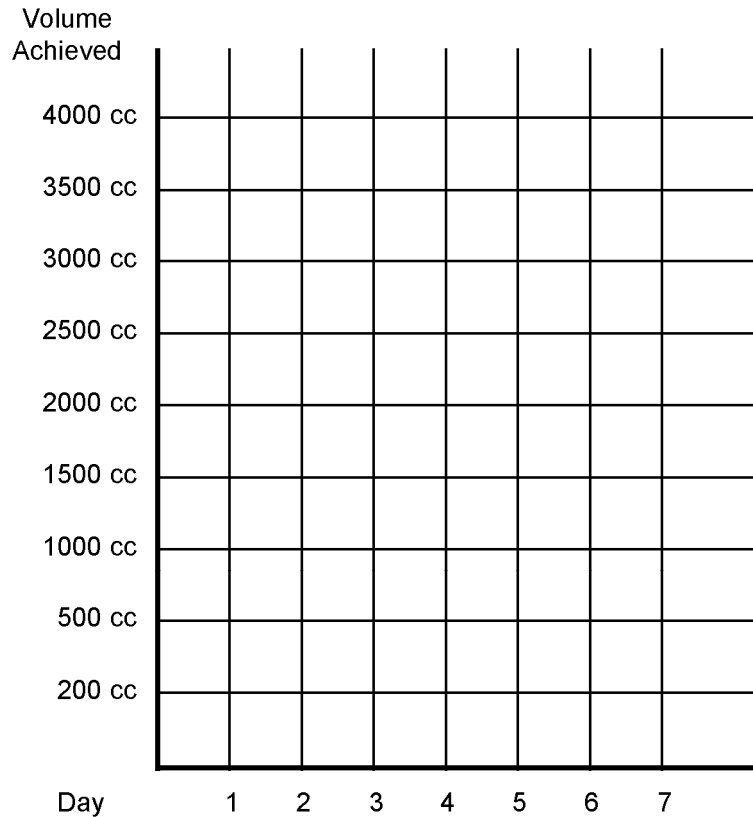


SMI PROGRESS GRAPH

Name: _____ Room No. _____



No. of Goals



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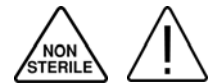
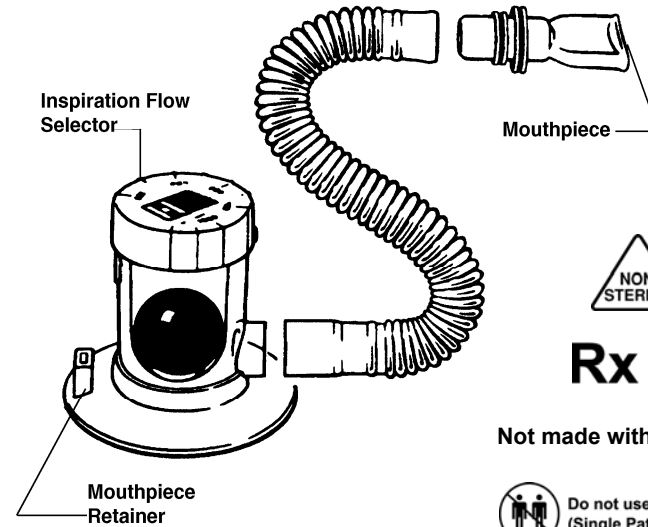
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LBL021949 R00



HUDSON RCI® Incentive Spirometer

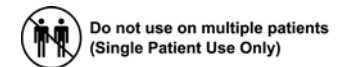
REF 1750
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LOT 74A180025
2011-11-11



Rx ONLY

Not made with natural rubber latex.



California Prop. 65
WARNING: Cancer and Reproductive Harm.
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INCENTIVE SPIROMETRY

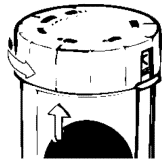
What is SMI?

Sustained Maximal Inspiration (SMI) is a technique used to prevent small airway collapse (atelectasis). The SMI technique consists essentially of a slow, deep breath for a few seconds to work the lungs. By increasing lung expansion and strengthening your cough effort, you will decrease the accumulation of unwanted secretions in your lungs.

Incentive Spirometry is a goal-oriented exercise using SMI to promote bronchial hygiene in ridding the lungs of unwanted secretions. Your Hudson RCI Incentive Spirometer is designed to visually encourage you and allow you to monitor your own progress.

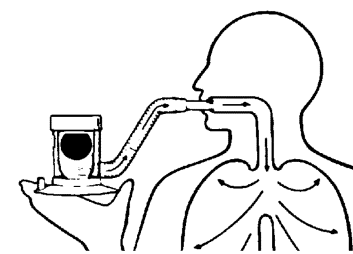
How do I use my Incentive Spirometer?

1. It is best to perform an SMI in an upright (i.e., sitting) position. Your doctor or therapist will advise you which position is best for you.
2. If your doctor or therapist has advised settings, follow his or her directions. You may select an inspiratory flow setting by turning the spirometer top to match the black numbers with the clear arrow. Choose a setting that allows you to pull the ball to the top of the spirometer.
3. Place the mouthpiece in your mouth and, from a normal resting expiration, inspire at a slow yet sufficient rate to raise the ball off the bottom of the spirometer.



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4. Continue inspiring to keep the ball afloat. The longer the ball is up, the greater your inspired volume will be.
5. If instructed to do so, hold this breath for a few seconds before exhaling.

To calculate your inspired volume, multiply your inspiratory time (in seconds) by the inspiratory flow setting (in cc/second).

For example, if you inspire a slow, deep breath at a flow setting of 200 cc/sec. for 5 seconds:

$$\begin{aligned} \text{inspiratory time} \times \text{flow setting} &= \text{inspiratory volume} \\ 5 \text{ sec.} \times 200 \text{ cc/sec.} &= 1000 \text{ cc or 1 liter} \end{aligned}$$

Avoid Fatigue and Hyperventilation

Allow time between inspiratory maneuvers. One SMI repeated with a break of at least one minute between efforts will reduce fatigue and the risk of hyperventilation. Follow your clinician's instructions carefully.

As your condition improves, you may rotate the flow selector to a larger number to achieve greater volumes. Follow your clinician's instructions carefully.