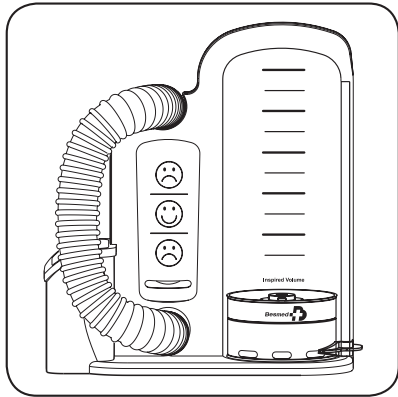


Volumetric Incentive Spirometer

User's Manual



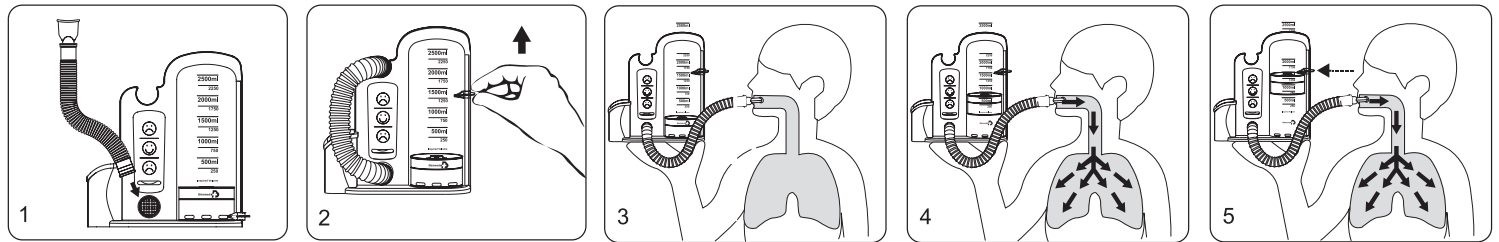
Intended Use:

The Dynarex Resp-O₂ Volumetric Incentive Spirometer is a medical device used to help patients improve the functioning of their lungs. It is a simplified spirometer commonly offered to patients who have had surgery that might jeopardize respiratory function, such as surgery to the lungs, cardiac surgery, or another surgery that requires extended time under anesthesia or prolonged in-bed recovery. The Resp-O₂ Volumetric Incentive Spirometer may also be used for patients recovering from pneumonia or rib damage to help minimize the chance of developing fluid build-up in the lungs. It is intended for single patient use only.

Cleaning/Washing:

Clean and wash the mouth piece with soap and water after use. (Replace mouthpiece often to avoid contamination or infection.)

For Use:



- 1) Ensure that the tubing is properly and firmly connected to the incentive spirometer port with mouth piece wiped clean and facing towards you.
- 2) Set target indicator to the desired volume or prescribed volume level.
- 3) Hold or Stand the incentive spirometer in an upright position with tubing towards you.
- 4) Exhale normally, place the mouthpiece in your mouth creating an airtight seal.
- 5) Inhale slowly and try to keep ball in the "Happy Face" region of the training indicator.
- 6) Exhale normally, you may be suggested or prescribed to cough deeply during exhale to help remove/loosen mucus or debris within the lungs or airways. (Consult Doctor or healthcare provider to see if this is necessary based on your condition).

Caution:

Contact your doctor or healthcare provider if: You feel dizzy or lightheaded during use, you feel a pain every time you breathe deeply, or if you have additional questions or concerns about your incentive spirometer. Seek immediate care if you have chest pain, shortness of breath or you feel faint.

Suggestive Target Incentive Capacity

Actual Target will vary from individual to individual, please consult your Medical Advisor/Counselor/Physical before use

Height (Male)											
Age	58" 1.47m	60" 1.52m	62" 1.57	64" 1.63m	66" 1.68m	68" 1.73m	70" 1.78m	72" 1.83m	74" 1.88m	76" 1.93m	78" 1.98m
20	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800	4000
25	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750	3950
30	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700	3900
35	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800
40	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750
45	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700
50	1650	1850	2050	2250	2450	2650	2850	3050	3250	3450	3650
55	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550
60	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500
65	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400
70	1350	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350
75	1300	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300
80	1250	1450	1650	1850	2050	2250	2450	2650	2850	3050	3250

Height (Female)											
Age	58" 1.47m	60" 1.52m	62" 1.57	64" 1.63m	66" 1.68m	68" 1.73m	70" 1.78m	72" 1.83m	74" 1.88m	76" 1.93m	78" 1.98m
20	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700	3900
25	1850	2050	2250	2450	2650	2850	3050	3250	3450	3650	3850
30	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800
35	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550	3750
40	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500	3700
45	1650	1850	2050	2250	2450	2650	2850	3050	3250	3450	3650
50	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600
55	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350	3550
60	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300	3500
65	1450	1650	1850	2050	2250	2450	2650	2850	3050	3250	3450
70	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400
75	1350	1550	1750	1950	2150	2350	2550	2750	2950	3150	3350
80	1300	1500	1700	1900	2100	2300	2500	2700	2900	3100	3300

User Progression Records Chart

Mark the closest maximum volume reached for each day's training sessions

User's Name _____

Date _____

Medical Advisor/Counselor/Physician _____

5000 ml							
4750 ml							
4500 ml							
4250 ml							
4000 ml							
3750 ml							
3500 ml							
3250 ml							
3000 ml							
2750 ml							
2500 ml							
2250 ml							
2000 ml							
1750 ml							
1500 ml							
1250 ml							
1000 ml							
750 ml							
500 ml							
Day	1	2	3	4	5	6	7
Goal							

