

ICOUGH Checklist

Incentive Spirometer Exercises

Repeat 10 times per hour.

AM

PM

Cough and Breathe Deeply

Take deep breaths often

Oral Care

Brush your teeth and use mouthwash twice daily.

AM

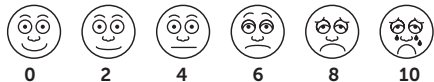
PM

Understand ICOUGH Practices

Do you understand why you are using ICOUGH?

Yes No Not sure

Rate your pain on the scale below:



Get Out of Bed and Walk the Hallway

Walk at least 3 times per day.

AM

PM

Head of Bed High

Is the head of your bed in an upright position with pillows to keep your head higher than your chest?

Yes No



ICOUGHSM is a registered service mark of Boston Medical Center Corporation.

Preventing Problems During Your Hospital Stay



HOME OF SIDNEY KIMMEL MEDICAL COLLEGE



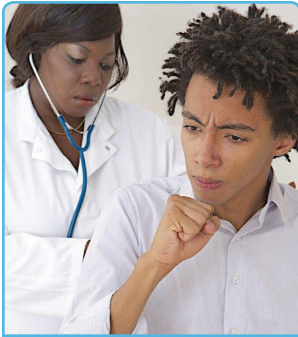
I

Incentive Spirometer Exercises

Deep breathing exercises will help keep your lungs healthy.

- Place the mouthpiece in your mouth and seal your lips around it.
- Breathe in (inhale) slowly and deeply
- Remove the mouthpiece from your mouth and breathe out.

This breathing exercise needs to be done 10 times each hour while awake.



C

Cough and Breathe Deeply

Taking deep breaths and coughing will help to clear your lungs.

This helps the lungs do the important job of delivering oxygen to the tissues in your body.



O

Oral Care

In addition to brushing your teeth, use mouthwash twice daily to keep your mouth clean from germs.

You should brush your teeth and use mouthwash several days before your hospital stay and then continue after you are sent home from the hospital.

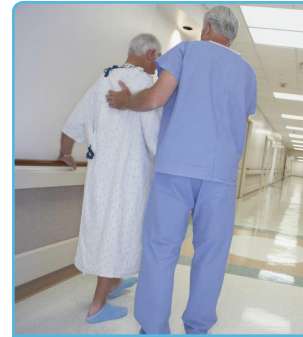


U

Understand ICOUGH Practices

It is important for you and your family to take an active part in your recovery.

We want your pain to be controlled to help you take deep breaths and cough, do breathing exercises, and make sure that you get out of bed, sit in a chair, and walk.



G

Get Out of Bed and Walk the Hallway

Getting out of bed and walking at least three times per day will help your recovery and help prevent problems.

Walking will help clear secretions from your lungs and improve your circulation so that you may regain your strength.



H

Head of Bed High

It is important to keep the head of your bed high. Being in an upright position will help your breathing.