

# Lying On Your Belly

## It is Better for Breathing

Lying on your belly (prone position) helps breathing. It opens up parts of your lungs that can shrink when not being used. It also helps blood get to the right parts of your lungs



## How to Do it

- Lie on your stomach with your hands to your side
- If lying on your stomach is too hard, try lying on your side instead

## When to Do This

- For 2 to 3 hours, 3 times a day or as much as you can
- Do not do it for more than 3 hours at a time or right after eating

## For Example:

- After medications and breakfast: 8am to 10am **or** 8 to 11am
- After lunch: 2pm to 4pm **or** 2pm to 5 pm
- After medications and dinner: 7pm to 9pm **or** 7 to 10pm

## Who Can Do This

- Anyone in this unit who is 18 years and older who can turn over on their own. This is also very good if you are on extra oxygen to help breathing.

## Ask Questions if You:

- Are a woman who is pregnant
- Do not understand
- Think you may choke or are feeling sick to your stomach
- Are having a hard time breathing
- Had surgery in the past month
- Have ever had surgery on your stomach, abdomen, chest, face, back or spine
- Injured or broke your spine, back, hip, femur, or pelvic bones

## Your Health Care Team:

- Will keep watch for any changes in how you are responding to this new position
- Will give advice on how to lie this way
- May give you pillows or pads to make it easier
- May make changes to your oxygen

## Let Your Health Care Team know:

- If you have a strange pain or tingling feeling in your arms or legs
- If your skin feels itchy or sore
- If you feel dizzy or sick to your stomach