Spirometry Patient Preparation Checklist

Making the Appointment:
- Inform the patient that they should not eat a large meal within two hours of taking the test
- If the patient is a smoker, ask them to refrain from smoking one hour before the test
- Recommend loose and unrestrictive clothing

When the Patient Arrives
- Briefly explain the procedure: “I will be measuring your lungs and how fast you can blow air out of your lungs. This test depends on you giving the best effort that you can. The test is not painful, but does require a bit of effort from you. It should take about ____ minutes to complete.”
- Possible Contraindications (check all that are present)
  - Recent bronchodilator (albuterol, ProAir, Ventolin, Proventil, Maxair, Xopenex)
  - Symptoms that might exclude testing (uncontrolled coughing, wheezing, etc)
  - Recent serious illness (myocardial infarction, pulmonary embolism, etc)
  - Heavy meal or cigarette smoking within an hour of testing
  - Inability to follow directions or control breathing

- Key Patient Information
  - Height
  - Weight
  - Date of Birth or Age
  - Self-identified Race
  - Gender at birth

- Proper Positioning:
  - Sitting (preferred)
    - Sit up straight
    - Place both feet on the floor (no crossed legs)
    - Loosen tight clothing
    - Remove loose fitting dentures
  - Standing
    - Stand up straight, with feet about a foot apart
    - Place a chair nearby
    - Remove tight clothing
    - Remove loose fitting denture

- Explain Maneuver
  - Show mouthpiece
  - Show nose clips
  - Explain proper mouthpiece insertion
  - Explain proper head and chin position
  - Explain “Fill your lungs as deep as you can, place the mouthpiece in your mouth, seal your lips around it and BLAST the air out, sharply and abruptly and continue to blow until you can no longer blow any air out or I ask you to stop, so keep your eyes on me. We will be doing it at least three times.”
Demonstrate Maneuver
- Very dramatically, demonstrate the maneuver, including the use of nose clips if they will be used.

Explain the Maneuver again briefly
- Explain: “Take a deep breath in, blast out, and keep blowing until I ask you to stop.”

Coach Maneuver
- Tell the patient: “When you're ready, take a deep breath in. Put it in your mouth. BLAST OUT! Go, go, go, go! Keep going, keep going! A little more, squeeze it. Good job!”
  - Use whatever words work for you, keep your affect upbeat and urgent. Keep your eyes on the patient. Do not look at your watch, the spirometer, or anything except the patient.

Give Encouraging Feedback to the Patient
- Give positive feedback about what the patient did correctly- be specific.
  - Examples: “You did a really good job keeping your eyes on me;” “You did a really good job positioning the mouthpiece in your mouth.”
- Give direct feedback about corrections
  - Examples: “I need you to blow longer even if you think there is no more air left;” “This time, really blast out. Keep your eyes on me and keep blowing.”