

What do I need to know about spirometry?

How can I prepare for my test?

- Wear loose clothing so that it will be easy for you to take a deep breath.
- It will be easier to breathe if you do not eat a large meal before your test.
- If possible, do not use your rescue inhaler four hours before your test
- Do not smoke for one hour before your test

What is Spirometry?

Spirometry (spi-ROM-uh-tree) is a test that measures how much air you can breathe in and breathe out and how fast you can breathe out. It used to test asthma, chronic obstructive pulmonary disease (COPD) and other illnesses of the lung. Spirometry may also be used to check how well your lungs are working once you are being treated for a long term lung disease.

What can I expect?

- The technician (coach for the test) will give you detailed instructions about how to take the test. Listen carefully and make sure you know exactly what to do. Doing the test incorrectly will cause incorrect results.
- A clip will be placed on your nose to keep your nostrils closed. This is to prevent air from escaping through your nose.
- The technician will have you take a deep breath and breathe out as hard and as fast as you can for several seconds into a tube that's attached to a machine that measures breath strength (spirometer).

- During your test, the technician may have you breathe in a medicine that helps open your airways to see whether the medicine changes or improves the test results.
- To learn more about Asthma, COPD and other health conditions visit:
<http://www.med.umich.edu/careguides>.

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