

Spirometry Test

Your doctor has recommended a breathing test called spirometry for your child at Children's Health. This handout describes your instructions and the testing procedure. We will review all of this information again and answer any questions on the day of your appointment.

What is a spirometry test?

Spirometry is the easiest test to determine how your child is breathing. It is a pain free test that has many specific instructions. Typically patients must be at least 5 years or sometimes older to understand the directions for the test. The test procedure involves your child blowing in a machine in a specific way to determine how they are breathing.

How should we prepare for the test?

- If your child takes bronchodilators* (Albuterol, Xopenex, Proair, or Atrovent), please do not give them for **6 hours prior** to the test.
- Long-acting beta agonists (formoterol, salmeterol) and medications that contain them (Advair) should be held for **12 hours prior** to the test.
- **If you are unable to hold the rescue inhaler/nebulizer due to breathing difficulty, please let us know and we can reschedule the test or talk to the doctor.**

Can I be with my child during the test?

You are allowed to stay with your child throughout the testing process. Some parents choose to wait in the waiting area once the testing has started. It is very important that you **do not interfere or distract your child during the test**. We need their full attention for the entire test to get the necessary data. Sometimes parents that mean to help only cause confusion or actually give their children the wrong instructions.

What will happen during testing?

Your child will be asked to blow in the testing machine several times until repeatable results are obtained. They may rest in between attempts. Depending on what your doctor has ordered, a bronchodilator (medication such as Albuterol or Xopenex that opens the airways) may be given and then the test repeated after a time period of 10 minutes. When test requirements are met again, you child will be finished with the test. The test typically takes 15 to 30 minutes.

What happens after the test?

When testing is complete, the initial test results will be faxed the same day to the doctor that ordered the test. Our pulmonologist will interpret the results and send a final copy later. Any information from the test or changes in your child's care will come from your doctor's office.

If you have further questions prior to your test, please call the Pulmonary Lab at: 214-456-3893.