



# SPIROMETRY

## WHAT IS IT?

This simple test, called spirometry, measures air flow into and out of the lungs.

## WHY IS THIS TEST PERFORMED?

The results demonstrate an individual's air flow rates or the volume forced out within the first second. This indicates whether or not there is airway obstruction. Spirometry also records the total volume of air forced out of the lungs. Spirometry test results are useful in making the diagnosis of a specific lung disorder. Even more important, yearly spirometry measurements help to detect lung disease at an early stage.

## HOW IS THIS TEST PERFORMED?

A person blows very hard and fast into a tube attached to the spirometer and a computerized sensor calculates and graphs the results.

## HOW TO PREPARE FOR THE TEST

Please do not take Bronchodilators on the day of the test. You may continue with your Anti inflammatory / Controller medication.

## SPIROMETRY- PRE/POST BRONCHO DILATOR

### WHAT IS IT?

This simple test, called spirometry, measures air flow into and out of the lungs. A spirometry pre/post bronchodilator is performed in the following manner: Baseline Spirometry is performed, then the patient is given a Bronchodilator and a second Spirometry is performed after a time lapse.

### WHY IS THIS TEST PERFORMED?

This test is performed to demonstrate the effectiveness of a Bronchodilator on the patient's lungs.

### HOW IS THIS TEST PERFORMED?

The patient blows very hard and fast into a tube attached to the spirometer and a computerized sensor calculates and graphs the results. The patient is then given a Bronchodilator and asked to sit for 15 to 20 minutes when the second Spirometry is performed.

### HOW TO PREPARE FOR THE TEST

Please do not take Bronchodilators on the day of the test. You may continue with your Anti inflammatory / Controller medication.