

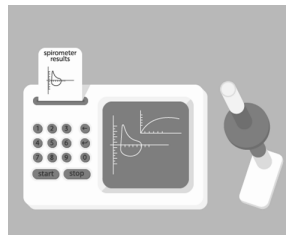


Spirometry

Spirometry is a breathing test that determines how well the lungs are working. The device is called a spirometer and it measures the amount of air a person can blow out of their lungs and how quickly they can do it. It takes only a few minutes, is not painful, and is noninvasive.

How does it work?

1. Breathe in fully
2. Seal lips around mouthpiece
3. A nose clip may be applied to make sure no air escapes from the nose
4. Blow out as hard, fast, and long as you can
5. The test is repeated 3 times for accuracy



Who should be tested?



Current and former smokers



Anyone who is exposed to lung irritants

40

Years or older

What does spirometry measure?

A spirometry test measures airflow over time. It evaluates the forced vital capacity and forced expiratory volume over one second.

What do the results mean?

The results help determine if a person has any airflow problems from COPD, asthma, or restrictive lung disease. The test can also help identify smokers who are developing COPD and look at the effects of workplace exposure to lung irritants.

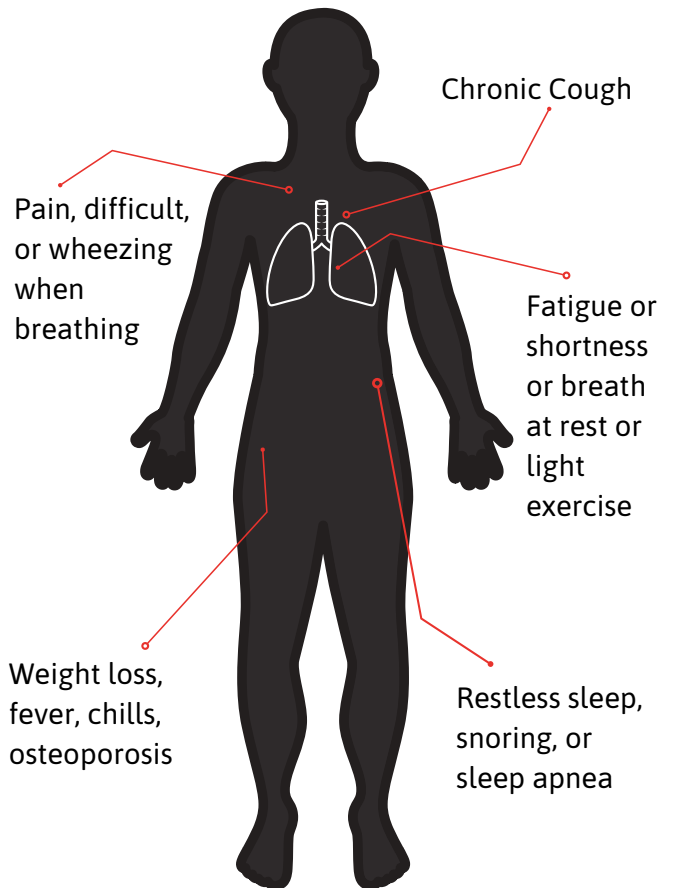
Are there any side effects?

There are very few side effects associated with spirometry. When taking the test, some people may experience dizziness or feel pressure in the chest, abdomen, or eye.

Who should not have a spirometry test?

- Anyone with unstable angina
- Recently had a heart attack, stroke, or pneumothorax (air trapped beneath the chest wall)
- Any person who had recent eye or abdominal surgery

Also anyone who has:



Reference list available at: <https://resphealth.org/reference-lists/>