Note: Please allow one hour to complete spirometry testing

**Pre-Test REQUIREMENTS** (you may be asked to reschedule if these requirements aren’t met):

* **No smoking** or caffeine use for **1 hour before the test**.
* **No albuterol or ipratropium** (Examples: Atrovent, Apovent, Ipraxa, Aerovent and Rinatec) use for **6 hours before the test**.
* **No long acting bronchodilator** (Examples: Advair, Symbicort, Serevent, Dulera, Perforomist, Foradil, Brovana, Arcapta) use for **12 hours prior to the test**.
* **No sustained release theophylline** **(anti-asthmatic)** for **24 hours prior to the test**.
* Avoid eating a large meal before the test so it will be easier to breathe.
* Wear loose clothing that won’t interfere with your ability to breathe.
* Empty your bladder immediately prior to the test if necessary.

**What to expect:**

Spirometry is an office test used to diagnose asthma, COPD and certain other conditions that affect breathing. Spirometry may also be used periodically to check how well your lungs are working once you're being treated for a chronic lung condition.

Spirometry measures how much air you can inhale and exhale, as well as how fast you can exhale. Below average spirometry results indicate your lungs aren't working as well as they should, and they help guide your provider’s treatment decisions.

During the test the technician will have you take a deep breath and breathe out as hard as you can for 6 seconds into a mouthpiece connected to the spirometry computer. During this process you could become dizzy or lightheaded. You’ll repeat this at least 3 times to make sure your results are accurate and consistent. After your initial test you will be given an inhaled medication to open your lungs (a bronchodilator). The process will then be repeated to see if the medication improved your airflow.

Your test results will be interpreted by your primary care provider (or ordering provider) and discussed with you via phone/email or at a separate office visit.