

## **SPIROMETRY PULMONARY FUNCTION TEST**

A pulmonary function test, also known as spirometry, is used to determine lung function. It is most commonly used to evaluate the breathing of people with asthma, emphysema, and acute or chronic lung infections.

### **Procedure:**

- Nose clips are placed on the nose (to prevent air from escaping through the nostrils) and you will be instructed to breathe into a flexible tube called a spirometer.
- Various breathing patterns are tested, such as breathing normally, exhaling as fast as possible after inhaling normally, or inhaling and exhaling deeply.
- You may also breathe specific quantities of helium, nitrogen, or pure oxygen.

### **Risks:**

- Usually none.
- Some people with respiratory disorders or infections may experience varying levels of shortness of breath or a temporary worsening of their condition.
- Most people recover without additional problems once the testing is stopped.
- Sometimes medications are used to assist your breathing during the testing.