

Spirometry

Spirometry is a test that assesses how well your bronchial tubes and lungs are functioning. It will not cause you any discomfort. During the test, you will sit and blow into a tube.

If you are unable to attend on the day of the test, please notify your center so that your appointment can be rescheduled.

How can you prepare for the test?

- Do not smoke for at least one hour before the test, and longer if possible. Remember that [quitting smoking](#) is the best thing you can do for your health.
- If you already use bronchodilator inhalers, do not take your last dose before the test, unless your primary care team recommends it.
- If you need to use an inhaler due to shortness of breath, coughing, etc., inform the person who will be administering the test.
- If you are taking other medications for your bronchial tubes, consult your healthcare team at least 24 hours in advance.
- If you use inhalers or have an inhalation chamber, bring them with you on the day of the test.
- Avoid heavy meals before the test, but you do not need to fast.
- Avoid coffee, tea, soft drinks, alcohol, and tranquilizers for 4 hours before the test.
- It is recommended that you arrive early enough to rest for about 15 minutes in the waiting room before the test.
- Wear loose-fitting clothing and avoid ties and belts so that you can breathe and move naturally.
- Report any drug allergies, surgery in the last 3 months, retinal detachment, or diagnosis of an aneurysm.
- If you wear dentures, please report this before the test.

How is the test performed?

- The technician will weigh you and measure your height without shoes. This data is important for correctly evaluating the test results.



- During the test, you will sit relaxed in front of the machine. The technician will ask you to fill your lungs with as much air as possible. Then, place the mouthpiece in your mouth and, with your lips tightly closed, exhale all the air at once, as quickly as possible, and continue to exhale until you have no air left. You will need to repeat this process several times.
- The bronchodilation test will then be performed: you will be given an inhaler and, after 15 to 30 minutes, the previous test will be repeated to check whether its use has improved your condition.