



Appendix A: Getting Ready for Spirometry

Spirometry is a non-invasive breathing test that can help your primary care provider diagnose or monitor conditions like asthma. Set yourself up for success with this appointment checklist.

For more information on what to expect, see [Childhood Asthma: A Guide for Families and Caregivers](#)

At Least 3 Days Before Your Test

- Talk about your appointment.

Where are you going? _____

What time? _____

What should you expect? During a spirometry appointment, a clip is placed on a patient's nose, and they take big breaths into a tube as advised by a medical provider. Some dizziness is normal because of the effort involved.

If your child is sick, please contact the lab to see if test needs to be rescheduled.

- Pick out a comfortable, loose outfit together. Maybe a stuffed animal friend would like to come along.
- Nervous? Practice by breathing into a balloon. Don't forget to hold your nose!

The Day of Your Test

- Pack and bring your medications and a symptom tracking journal if you have been using one.

Immediately Before Your Test

- Use the bathroom! Spirometry tests aren't long, but they're more comfortable on an empty bladder.

Adapted from https://www.nps.org.au/assets/NPS2279a_SpirometryFactSheetKids_v6-v2-jg-280121-INT-ACC.PDF