

## **Breathing tests: What is spirometry or basic pulmonary function testing?**

Spirometry, also known as basic pulmonary function test, is a medical test used to measure how well your lungs are functioning. This test is commonly used to diagnose and monitor lung diseases such as asthma, chronic obstructive pulmonary disease (COPD), and lung fibrosis.

During the test, you will be asked to breathe into a machine called a spirometer, which measures the amount of air you can exhale and how quickly you can exhale it. The test is non-invasive and usually takes about 15-30 minutes to complete.

Before the test, it is important to follow any instructions given by your healthcare provider. For example, you may be asked to avoid smoking or using certain medications before the test.

During the test, you will be asked to sit or stand and breathe into the spirometer. You will be asked to take a deep breath and exhale as much air as you can into the machine. You may need to repeat this process several times to get accurate results.

After the test, your pulmonologist will review the results and discuss them with you. If you have any concerns or questions about the test, it is important to talk to your pulmonologist.

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