



**Welcome to our  
lab. We have fun  
visiting with you  
and your family  
while we help you  
with your test.**

**Check it out!**



# **All About Your Breathing Tests**



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# All About Your Breathing Test

You are going to take a breathing test designed to measure how well your lungs are working. There are several different types of breathing tests. For some tests you will be asked to take a deep breath and blow really hard. For others you may be asked to take a deep breath and to hold it for a long time. To get the best possible results you will have to repeat each test at least three times. But don't worry because breathing tests can be fun and THEY DO NOT HURT.

## **Spirometry** (Flow test)

This is a test where you take a very deep breath in, as deep as you can, and blow it out as fast as you can until your lungs are empty. Then, you take a fast deep breath back in again. Sometimes you breathe in medicine and repeat this test to see if you can blow faster.

## **LungSubs/ Helium Dilution** (Volume test)

For this test, you do regular breathing with very deep breaths in, as deep as you can, and blow out your air normally as much as you can. The second part of this test, you just breathe normally for about two minutes.

## **DLCO** (Diffusion test)

In this test, you get to take a very deep breath, as deep as you can, and hold your breath. Then you get to blow it out into a blue balloon.

## **Niox**

You do this test as you watch a computer screen. Your breathing makes things happen on the screen. The sun goes up in the sky when you breathe in, and a little girl in a balloon floats across the water when you blow out.

## **IOS** (Impulse Oscillometry)

In this test you do regular breathing while the machine measures different things. You might wear nose clips and use a mouth-piece, or you might breathe into a mask.

Remember, there is NO FLUNKING our tests! You just do the very best you can. We will be proud of your effort. These tests will give your doctor information so he or she can take the best care of you.

**Thanks for  
visiting our lab.**