

**Spirometry** (or a **spirogram**) is the most basic test. Spirometry is generally valuable in children over 4 years of age, but some children cannot adequately perform the test until the age of 7.

During the testing you will first be asked questions about your age, race, gender, height and weight, as well as the medications you take. Your expected normal values will be calculated from answers to these questions, and how well you actually perform on the test will be compared to your calculated normal values.

1. The testing procedure starts with the placement of a clip on your nose to prevent air escaping from your nose.
2. Then you put a mouthpiece on your mouth and breathe normally. The mouthpiece is attached to a spirometer.
3. You will be asked to perform a series of breathing tests. The technician will coach you through each one.
4. You will be asked to inhale fully and then exhale as hard and as fast as possible into the mouthpiece.

Usually you will complete three tests in a row, and then the technician will take the best reading and compare them to your normal values. Also, you might do the test again after taking a bronchodilator medication like albuterol.