

# Getting children ready for spirometry - a guide for parents and carers



✓ **Bring** along any medicines your child is using, including inhalers (and any spacer device)



✓ **Dress** your child in loose, comfortable clothing so they can take a deep breath during the test

**Before your test** - Follow the directions below to prepare for the spirometry test.

Health professional to tick all that apply



**In the  
36 hours  
before**



Your child should stop using their long-acting **once-daily** preventer inhaler **36 hours before** the test

Inhaler name.....



**In the  
24 hours  
before**



Your child should stop using their long-acting **twice-daily** preventer inhaler **24 hours before** the test

Inhaler name.....



**In the  
6 hours  
before**



Your child should not use their short-acting reliever unless they need to for symptom relief. If they do, call the practice/clinic to discuss.

Inhaler name.....



**In the  
2 hours  
before**



Your child should not eat a large meal in the **2 hours before** the test. They can drink liquids.



**30 minutes  
before**



Make sure your child isn't running around or doing other strenuous physical activity for at least **30 minutes before** the test



**Just before**



Ensure your child goes to the toilet before the appointment



**Spirometry  
test**

Use your MedicineWise app to remind your child when to stop using their inhalers. The app will also provide a handy list of all their medicines for any future medical appointments.



# Spirometry – what to expect

## What is spirometry testing?

Spirometry is a test that uses a machine to measure how well a person's lungs work. Spirometry is used to diagnose or assess asthma.

Most children aged 6 years or older are able to perform spirometry.

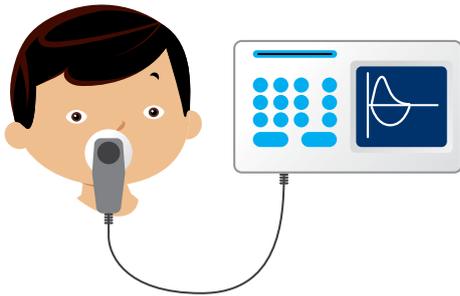
## How can my child prepare?

It is a good idea to get your child to practice beforehand by blowing into balloons.

## What happens during spirometry?

The appointment usually takes 20–30 minutes.

Your child will blow air into a mouthpiece attached to a small machine. They will be asked to do this several times to check that the readings are similar.



Don't worry if they can't do it on their first go. Your child may be asked to try again in the future.

## What happens after spirometry?

Your child can return to their normal activities straight away and should go back to using their inhaler(s) as usual.

The doctor or nurse will discuss the results of the test with you. This may happen after the spirometry has been completed, or at a later appointment.

## What else do I need to know?

Spirometry is not difficult or painful but requires some effort for the long, big breath required.

Your child may feel tired or dizzy during, or shortly after, the test. This is normal.

The test may be rescheduled if your child has been sick, such as having a recent chest infection.

## For more information

If you would like to find out more about spirometry, contact:

**Asthma Australia 1800 ASTHMA  
(1800 278 462) [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)**

**National Asthma Council 03 9929 4333  
[www.nationalasthma.org.au](http://www.nationalasthma.org.au)**

**NPS MedicineWise Medicines Line  
1300 MEDICINE (1300 633 424)  
[www.nps.org.au](http://www.nps.org.au)**

**Lung Foundation Australia  
Information and Patient Support 1800 654 301  
[www.lungfoundation.com.au](http://www.lungfoundation.com.au)**

## Your child's appointment

Date \_\_\_\_\_

Time \_\_\_\_\_

Location \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Content based on the American Thoracic Society Standardization of Spirometry 2019 update.

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