

SPIROMETRY and COPD*:

A SPECIAL TEST TO HELP DETERMINE THE HEALTH OF YOUR LUNGS



What Is Spirometry?

There are many tests to detect or screen for diseases or medical problems. A test called spirometry (spy-rom-ih-tree) shows how well your lungs are working. It is also called Pulmonary (pull-muh-nair-ee) Function Testing.

Spirometry

- *Measures the amount of air you can breathe out and the amount of time taken to do so*
- *Lets your healthcare practitioner check how well your lungs are working*
- *Shows if you have any lung problems*

Why Is Spirometry Important in COPD?

A spirometry test may

- *Confirm a diagnosis of COPD*
- *Show how severe your COPD is*
- *Help your healthcare practitioner decide what medicines and other health instructions to give you*
- *Show how well your medicine and other disease management activities are working*

**Chronic obstructive pulmonary disease (a lung disease that includes both chronic bronchitis and emphysema).*



HOW A SPIROMETRY TEST WORKS



What Happens in a Spirometry Test?

- The testing machine is called a spirometer
- The test is very simple. Your healthcare practitioner will show you how it works
- The spirometer has a tube that you put in your mouth
- Your healthcare practitioner
 - may put a nose clip on your nose to prevent air from leaking
 - will ask you to take a deep breath in and breathe out through your mouth as hard and as fast as you can
- That's it! After the test, your healthcare practitioner will explain the results to you

What Are the Important Measurements (Scores) in a Spirometry Test?

- How much air you breathe out in one second (Forced Expiratory Volume in One Second or FEV₁)
- How much air you breathe out in one breath (Forced Vital Capacity or FVC)
- The ratio, which is the relationship between FEV₁ and FVC (FEV₁/FVC ratio)

What Do the Spirometry Scores Mean?

- You may have abnormal lung function if you have an FEV₁/FVC ratio of less than 70%
- If you have been diagnosed with COPD, your healthcare practitioner
 - will find out how severe your disease is
 - will compare your spirometry scores to prior tests that you have had
 - may give you follow-up spirometry tests to help show if the treatment plan is helping your lungs

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