



BOULDER MEDICAL CENTER, P.C.

What to Expect From Your Breathing Tests

- **Spirometry-** Estimated time 15 minutes. You will breath through a tube into a machine called a spirometer. Please check with us to see if there are any medications that need to be stopped.
- **Pre and Post Bronchodilator Spirometry-** Estimated time 30 minutes. You will perform spirometry, be given an albuterol nebulizer treatment and then will have spirometry done again to see if it improves your lung function. Please check with us to see if there are any medications that need to be stopped.
- **Exercise Challenge-** Estimated time 45 minutes. You will perform spirometry, then run up and down stairs or on a treadmill until you have symptoms of asthma/shortness of breath. Spirometry will then be repeated. If necessary you may be given albuterol and spirometry done a 3rd time. Please check with us to see if there are any medications that need to be stopped.
- **Methacholine Challenge-** Estimated time 90 minutes. You will perform serial spirometry measurements after breathing in a medication called methacholine. Methacholine causes lung function to decrease in asthmatics. The medicine is short acting and reversible. Please check with us to see if there are any medications that need to be stopped.
- **6 minute walk-** Estimated time 10 minutes. You will walk quickly for 6 minutes. Your oxygen level and pulse will be measured and recorded every minute.