



SPIRO PD TESTING TIPS

TESTING

1. Press the Run Test button on the Home Screen
2. Take a deep breath (away from the mouthpiece)
3. Put your mouth on the mouthpiece and when told, Exhale as hard and fast as you can - try to empty your lungs as quickly and forcefully as possible
4. Exhale until there is nothing left, then remove your mouth from the mouthpiece, turn your head to the side and keep Spiro PD still until the test is complete
5. When ready, press the run test button again and repeat steps 2-4 until you have 3 successful tests

TESTING TIPS

- Never inhale through your Spiro PD, or too close to the mouthpiece – this could introduce accidental airflow through the turbine, causing the test to fail.
- Only exhale after Spiro PD says 'Exhale now' – any exhale too early (before Spiro PD is ready to start measuring) will cause lower numbers and possibly a faulty Spirometry loop which may fail the test. If you feel like you're holding your breath and waiting to exhale, try taking your inhale after the Spiro PD completes saying, 'Take a deep breath now'.
- Keep Spiro PD still while testing – do not move the Spiro PD until it says 'Good Effort' which signals that it is done collecting data. If you move the Spiro PD, during inhale or at the end of the test, you can introduce accidental airflow through the turbine which looks like you've taken a second breathe and the test will fail. If at the end of the test, you need to inhale again, keep Spiro PD in place in front of you and turn your head to the side to inhale until the test is complete.

In addition, please [click here](#) to view a video on how to perform a spirometry test.