



Getting Ready for an Oscillometry Test

What is Oscillometry?

Oscillometry is a simple and quick breathing test that checks how well air moves through your lungs. It helps determine how well your lungs work by using gentle sound waves to measure how open your airways are. All you need to do is just breathe normally into a tube.

Why Did My Provider Order This Test?

This test can help your provider find lung problems like asthma or COPD early or help monitor potential flare-ups with an existing lung problem. Oscillometry sometimes shows changes that may not show up on other breathing tests, but it is usually done in combination with other tests like spirometry.

How do you do it?

This test requires minimal effort from you, but there are a few important steps to know.

Preparing for the test:

- The staff member performing the test (technician) will verify your information, such as your height and age.
- You will need to sit up straight with your feet flat and legs uncrossed.
 - If you are bedridden, they can perform the test laying down.
- You will need to wear nose clips and have your neck in a neutral position.

Performing the test:

- Your lips must make a tight seal around the mouthpiece, and you will need to support your cheeks with your hands.
- You will breathe normally for about 30 seconds.
- You need to perform the test at least 3 times to make sure the results are correct. You'll be given 8 attempts at most.
- If needed, the technician may ask you to take a breathing medicine (called a bronchodilator) and then repeat the test about 15 minutes later.

How long will it take?

- About 15 minutes if they just need to measure your starting point.
- About 30 minutes if they need to test both before and after the breathing medicine.

Does it hurt?

No. The test does not hurt. You may feel a soft vibration or flutter in your mouth while breathing normally.

How to prepare for oscillometry testing

Your provider may ask you to skip some inhaler medication before the test. Make sure you only skip medication if your provider tells you to. You may want to bring your inhalers to your appointment. Before your test, make sure you do not smoke or vape, exercise hard, or drink alcohol for 4 hours prior. Do not eat a big meal for 2 hours before the test, and make sure you wear loose, comfortable clothes.

If you are sick or having breathing difficulties, please let your provider know before your test.

How will I find out the results?

Your provider will talk with you about your results. They may tell you the same day, call you later, or ask you to come back to review the results and next steps.

What will the results change about my treatment?

Be sure to talk with your provider about what your results mean for your care. Your provider may use the test results to:

- Start new medicines
- Change the type or dose of your current medicines
- Adjust your treatment plan