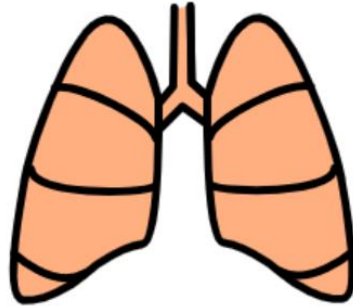


A VISIT TO THE BREATHING LAB AT THE HOSPITAL



I'm going to visit the breathing lab at the hospital today.

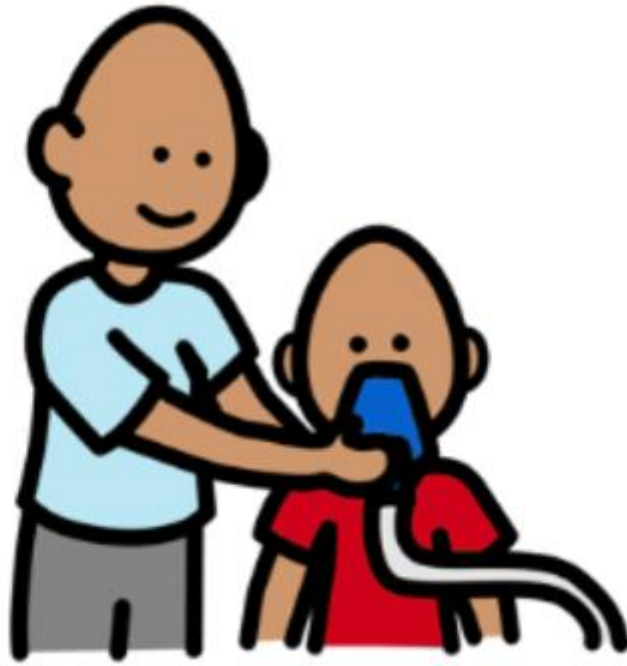
It's also called the lung function lab.



Today we will do an activity to check how my lungs are going.



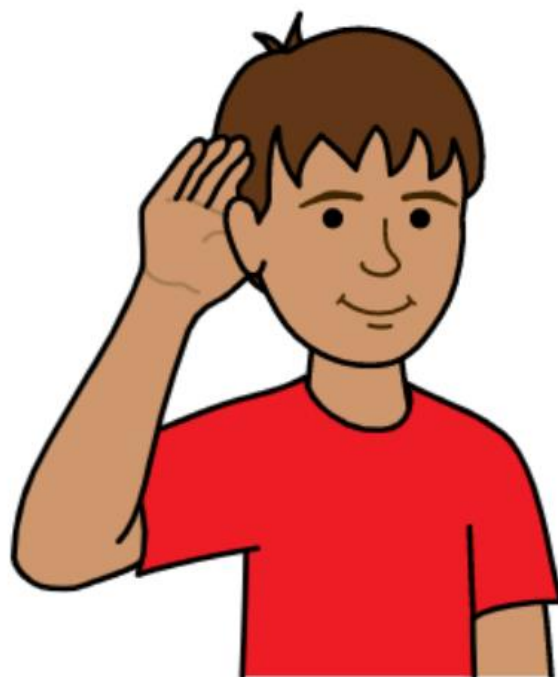
A friendly scientist will tell me what I have to do.



I will use a machine to do a breathing test.
It is called a spirometer, or Spiro for short.



In the lab I will get a nose peg and a mouthpiece.

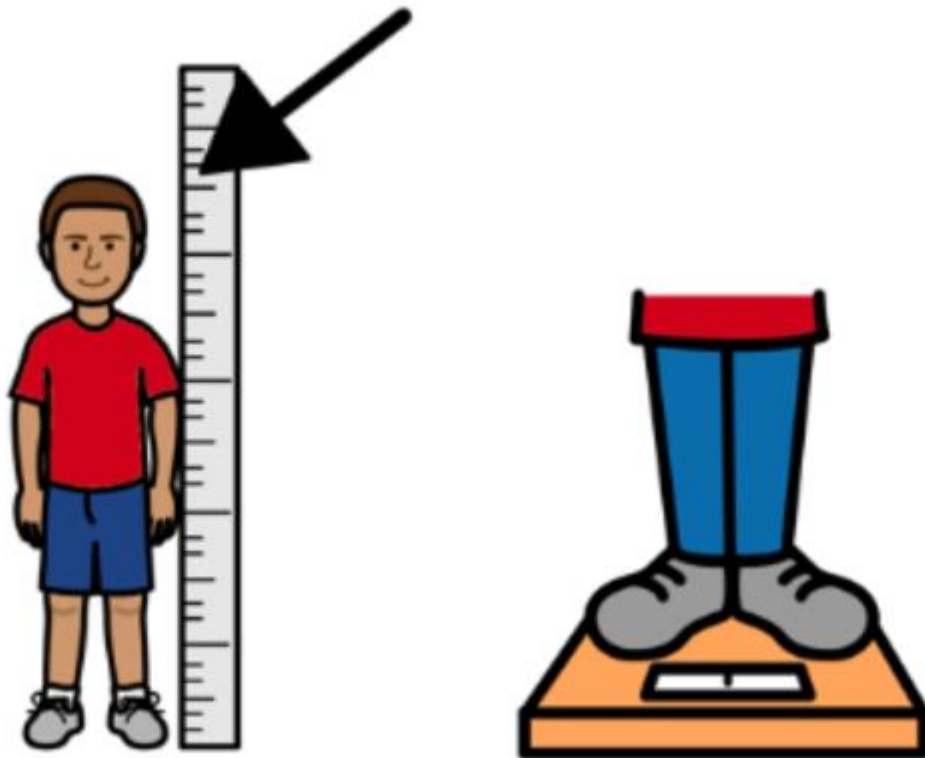


I will have to listen to the scientist very carefully as they tell me what to do.



There will also be a computer.

It might have a game I can follow to remind me what I have to do



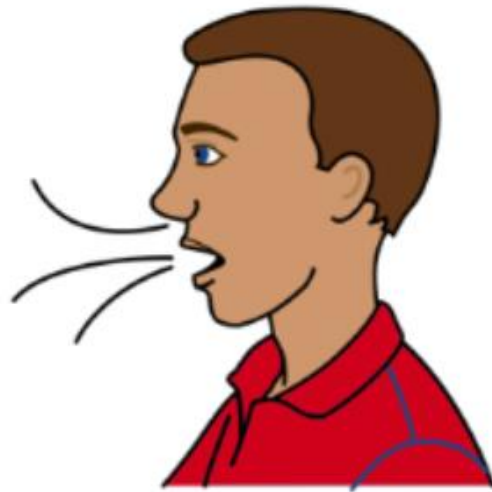
We will start by measuring my height and weight



Then the scientist will put a gentle peg on my nose, to stop air escaping during the test.



They will ask me to put a mouthpiece between my teeth and close my lips tightly around it.



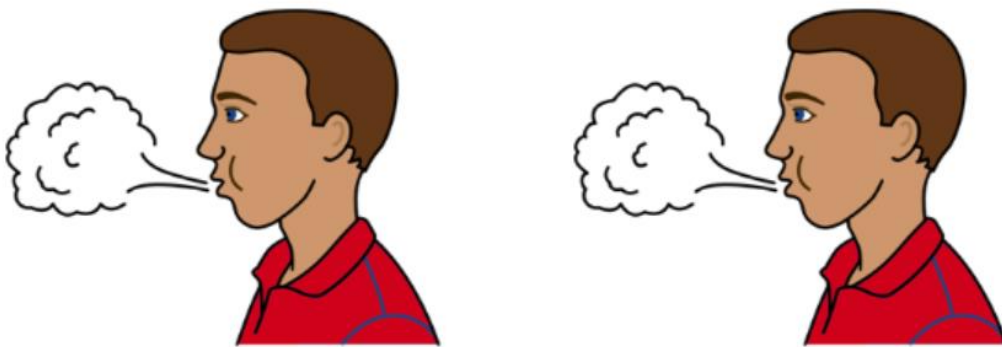
Then I need to take a BIG breath in.



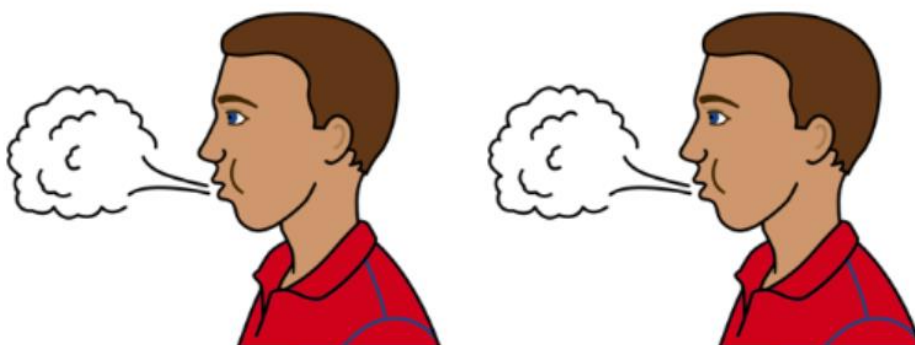
The scientist will say “go!”

and I will blow out as
HARD AND FAST as I can

And NOT stop



I will keep blowing



and blowing and blowing
until my lungs are empty!



Then the scientist will say “STOP”



and I can relax and breathe normally.



During my breathing test I will have to concentrate hard.



I may have to try a few times to get right
But that is ok.



I will work hard.
it might make me feel tired

But that is ok too



I just need to listen carefully to the scientist
and try my best
I will do great!

