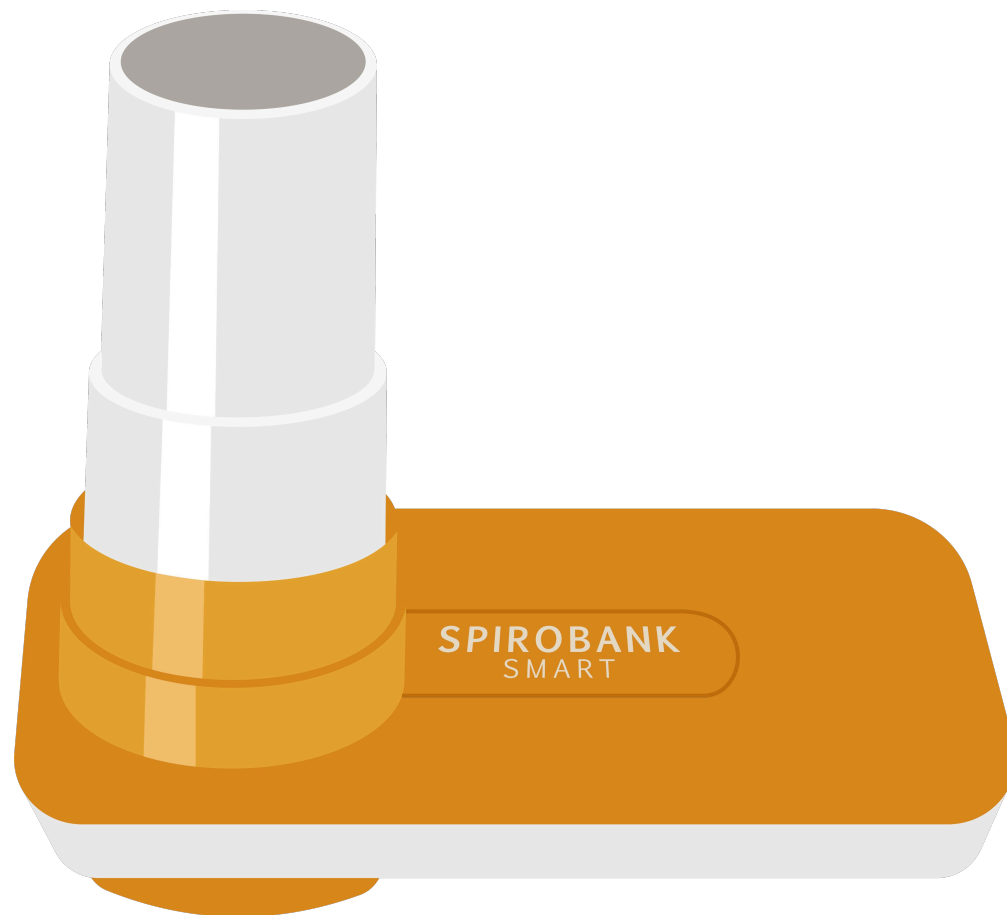


July 2025

UCSF Home Spirometry Guide



1

Contact ZEPHYRx

Go to the link below or scan the QR code on the right to set up an onboarding appointment. Support will help you create your profile and download the Breathe Easy app: zephyrx.com/onboarding

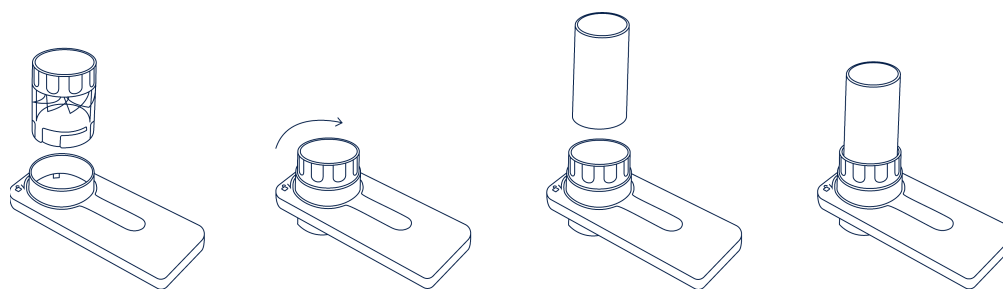


Tip: You can use your camera phone to scan the QR code. Open your camera and point it at the QR code. Center the QR code on the screen and hold still for a few seconds. A banner will appear with a request to open the zephyrx link. Tap the pop up to go to the website.

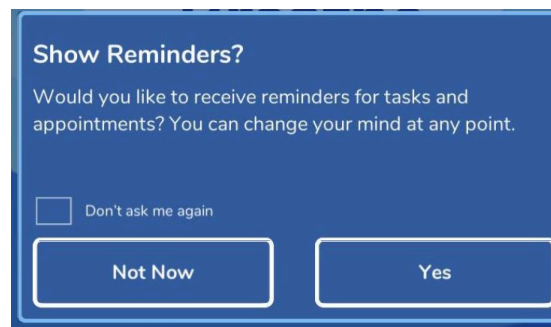
2

Assemble Device and Connect

Place included batteries in the device, and put together the device. The app should now recognize the spirometer.



Please note: Once the device is paired a prompt will appear asking to show reminders. Select 'Yes' as this will enable your weekly reminders.



3

Take Measurement

You're now ready to take your first measurement.



- Open the ZEPHYRx Breathe Easy app.
- Tap “Breathing Tests,” and then “FVC” to proceed.
- Stand or sit with good posture.
- Take a full breath in and then forcefully blow out, for at least 6 seconds and until all the air is out of your lungs.
- Please do not lunge forward when exhaling. Lunging forward will change the results of the test.



4 Repeat

You should take the test three times. In your results, you should see FEV1 (L)– FEV1 is the amount of air you can force from your lungs in one second.

Please note: The FEV1 measured by this device may be slightly lower than the FEV1 measure in the UCSF spirometry lab, but this is expected and not a problem.



5 Weekly Reminders

Once a week, you will receive a push notification from the ZEPHYRx Breath Easy app when it is time to use your spirometer.



6 You're all set!

Your UCSF Lung Transplant care team will have access to your measurements after you finish taking them. If your FEV1 dips too far below your baseline, they will be notified and may contact you for additional questions.

When to Contact your Nurse Coordinator

- If you note greater than a 10% change in your FEV1 for 3 days in a row.
- If you have any new symptoms such as shortness of breath or cough, even if your FEV1 appears stable.

Home spirometry results are similar to laboratory FEV1 results, but lab results are the gold standard for care. You can find these in MyChart under 'Test results'.

Have a Clinical Question?

☎ (415) 353-4145

✉ Send a MyChart message

Need Technical Support?

☎ (888) 452-6269

✉ support@zephyrx.com