

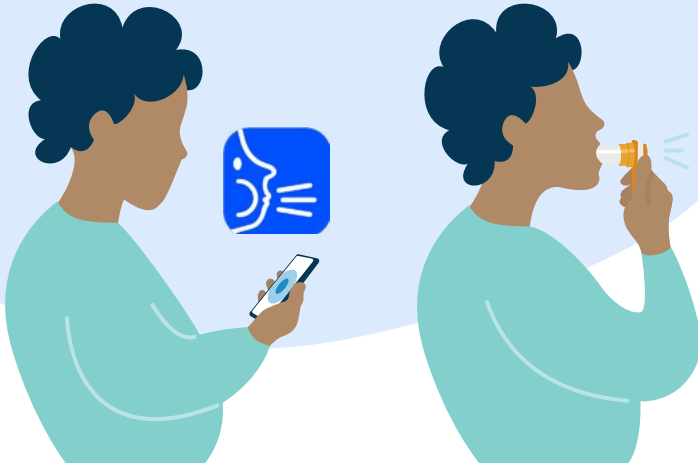
May 2020

# Home Spirometry Guide



SPIROBANK SMART®

# 1 Download the App



1. On your smartphone, download the MIR **iSpirometry** app from the Apple App Store or Google Android App Store.
2. Place included batteries in the device, and put together the device (see Page 4). The app should now recognize the spirometer.
3. Before starting the test, please watch the instructional YouTube video, under “Guide.”
4. You’re now ready to take your first measurement. Tap “Test,” and then the blue button to proceed. Remember—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. Stand or sit with good posture. See Page 4 for tips.
5. 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.

## 2 Sign Up for Messages

Text **LUNG** to 83973 to receive either text (SMS) or email messages from your UCSF Lung Transplant care team. This is how you'll send us your spirometer results.

## 3 Text or Email Reminders

You will receive either **text (SMS) or email reminders** when it is time to use your spirometer.

- You should receive a reminder to use your spirometer **every day for the first seven days**.
- After that first week, you will be reminded to use your spirometer **1–2 times per week**.

## 4 Lung Health Chat

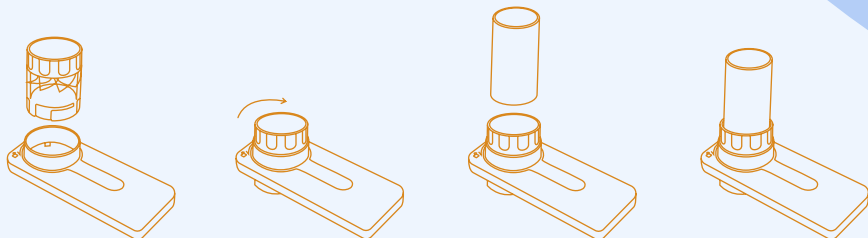
Part of the home spirometry program includes **automated chats about your lung health**.

- When it's time for a chat, you will receive a reminder with a link. Click the link and follow the instructions, entering your FEV1 value and answering lung health questions.
- Your UCSF Lung Transplant care team will have access to your answers after you finish the chat. If your FEV1 dips too far below your baseline, they will be notified and may contact you for additional questions.



## Spirometer Troubleshooting

### Assembling the device



### Tips to operate the device



## 5 When to Contact your Nurse Coordinator

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

## Contact information



(415) 353-4145



Send a message in MyChart