

Forced Oscillation Technique

Your doctor has recommended a breathing test called Forced Oscillation Technique (FOT) for your child at Children's Health™. This handout describes your instructions and the testing procedure. We will review all of this information again and answer any questions on the day of your appointment.

What is a Forced Oscillation Technique (FOT) test?

FOT is a pain free test that has very simple instructions to help your doctor look at how your child is breathing. Typically, patients must be 4 to 5 years of age to follow the instructions for the test. The test procedure involves your child breathing calmly into a mouthpiece that is attached to a special machine for approximately one minute while wearing nose clips.

Can I be with my child during the test?

You are encouraged to stay with your child throughout the testing process. Some parents choose to wait in the waiting area once the testing has started. It is very important that you do not interfere or distract your child during the test. We need their full attention for the entire test to get the necessary data.

How should we prepare for the test?

- If your child takes bronchodilators* (Albuterol, Xopenex, Proair or Atrovent), please do not give them for **six hours** before the test.
- ***If you are unable to hold the rescue inhaler/nebulizer due to breathing difficulty, please let us know, and we can reschedule the test or talk to the doctor.***

What will happen during testing?

Your child will be asked to breathe calmly into the testing machine for approximately one minute. Sometimes it takes several attempts to get the results needed. Your child may rest in between attempts. Depending on what your doctor has ordered, a bronchodilator (medication such as Albuterol or Xopenex that opens the airways) may be given, and then the test is repeated after a time period of 10 minutes. When test requirements are met again, your child will be finished with the test. The test typically takes 10 to 30 minutes.

What happens after the test?

When testing is complete, the initial test results will be faxed the same day to the doctor that ordered the test. The pulmonologist at Children's Health will interpret the results and send a final copy later. Any information from the test or changes in your child's care will come from your doctor's office.

If you have further questions before to your test, please call the Pulmonary Lab at 214-456-3893.