

Body Box Testing

Your doctor has recommended a breathing test called body plethysmography or body box testing 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 body box testing?

This test will help your doctor determine how much air your child's lungs hold. It is a pain free test that has many specific instructions. Typically, patients must be at least 8 years or sometimes older to understand the directions for the test. The test procedure involves your child breathing in a machine in a specific pattern. The data obtained can give your doctor more information about changes in the lungs than simpler tests. Your child will sit in a clear, air-tight box that resembles a shower for the test. The door will be closed for testing, but can be opened at any time. The total testing time is different for every patient but typically takes about 30 minutes.

How do we prepare for the test?

- If your child takes bronchodilators* (Albuterol, Xopenex, Proair, or Atrovent), please do not give them for **6 hours prior** to the test.
- Long-acting beta agonists (formoterol, salmeterol) and medications that contain them (Advair) should be held for **12 hours prior** to 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.**

Can I be with my child during the test?

You are allowed to stay with your child throughout testing. 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. Sometimes parents that mean to help only cause confusion or actually give their children the wrong instructions. If your child is very anxious or has specific needs we will allow you to observe during the testing process but please watch quietly and be supportive.

What will happen during the testing?

Your child will be instructed to breathe through a mouthpiece in a specific breathing pattern. This pattern will be repeated several times with rest time in between. 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 repeated after a time period of 10 minutes.

What will happen after the test?

When testing is complete, the initial test results will be faxed the same day to the doctor that ordered the test. Our pulmonologist 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 prior to your test, please call the Pulmonary Lab at: 214-456-3893.