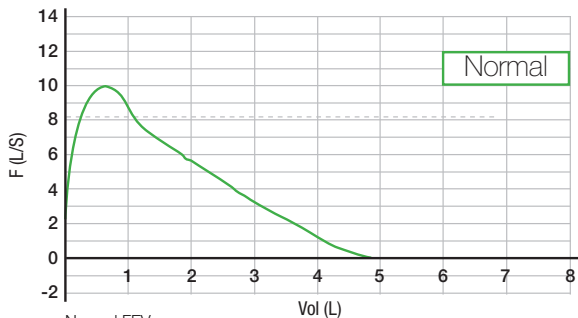# Quick Reference Guide
IQspiro® Digital Spirometer

IQSPIRO

1. In IQmanager®, **Search** for a patient from the Opening Screen and double-click the patient name, or **select** New Patient. Ensure the patient's race, date of birth, sex, height, and weight are entered.

2. **Select** New Test button.

3. **Enter** the names for the Technician, Physician, and Indication. **Click** the Play icon next to the IQspiro.

4. **Prepare** the patient for the spirometer test. **NOTE:** *Proper patient prep results in fewer repeat maneuvers.*

   a. Explain the purpose of spirometry procedure to determine how hard and fast air can be exhaled.

   b. Stress proper posture, including shoulders back and chin up (not leaning forward during exhalation).

   c. Demonstrate procedure.

5. **Insert** a new mouthpiece into the IQspiro®.

6. **Apply** noseclip. **Instruct** patient to hold the IQspiro® up and to the side of their face.

7. **Click** on Start New Test. Wait for device to zero.

8. **Begin** test.

   a. **Coach** patient to inhale maximally, then quickly place mouthpiece in the mouth and seal the lips.

   b. **BLAST** out the air upon exhalation (for 6 seconds). Adjust posture if necessary.

NOTE: *Obtain three good maneuvers (with two matching). Do not exceed eight maneuvers in one session.*

9. **Click** Save Review button to save session and display review screen.

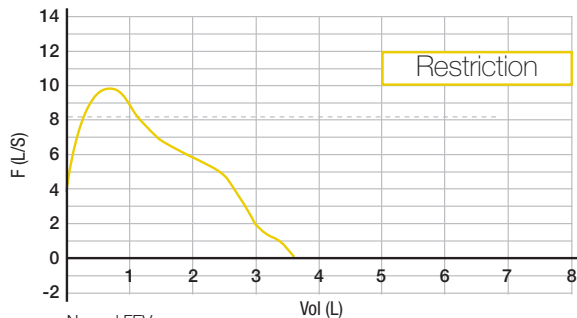10. **Eject** mouthpiece in trash receptacle once all maneuvers are completed.

MIDMARK®

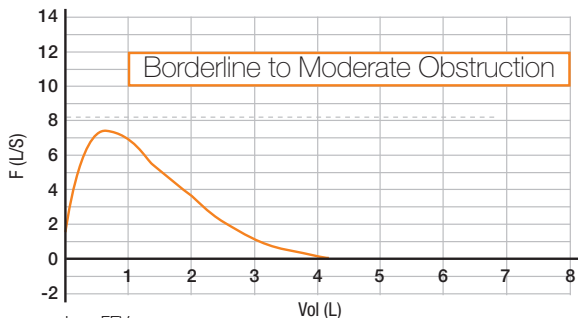Please refer to the IQspiro® Operation Manual #3-100-1120 for further details and troubleshooting tips.

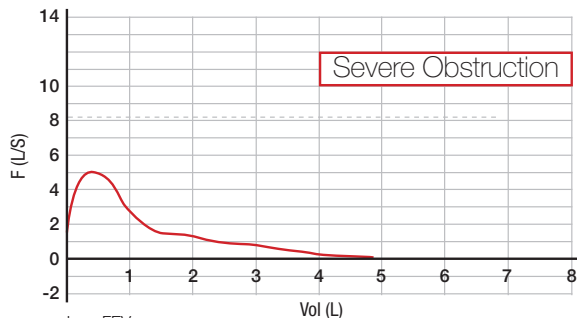# Examples of Normal, Restrictive and Obstructive Flow-Volume curves

Normal

Normal FEV_1
Normal PEF
Normal FVC
Normal FEV_1 / FVC % (~75%)

Restriction

Normal FEV_1
Normal PEF
Low FVC
Normal FEV_1 / FVC % (> 80%)

Borderline to Moderate Obstruction

Low FEV_1
Low PEF
Normal FVC
Low FEV_1 / FVC % (< 70%)

Severe Obstruction

Low FEV_1
Low PEF
Normal FVC
Low FEV_1 / FVC % (< 50%)