

## Single breath gas transfer

The test involves breathing out via a mouthpiece as far as possible, the same as body plethysmography, then breathing back in as far as possible and holding your breath for up to ten seconds. During the breath in we will introduce a couple of different gases, helium to measure what volume of your lungs can accept the gas mixture and carbon monoxide which tells us how well gases can transfer. This test normally takes between 10-20 minutes to complete.