An acceptable effort is defined as free from error and artifacts. A reproducible effort is defined as being without excessive variability. Criteria for determining whether efforts are acceptable and reproducible are outlined below.

### Flow Volume Curves
Flow volume curves exhibit a sharp initial peak flow close to the "Y" axis, then a relatively straight descent at 45° to the baseline. Volume time curves show an obvious plateau of at least 1 sec after 6 seconds of exhalation.

### Patient Preparation
We recommend that you practice the procedure with the patient before starting the test, but first, you should prepare the patient for the procedure:
- Patient may sit or stand.
- Patient should loosen tight clothing.
- Patient should elevate chin and extend the neck slightly.
- Patient should use a nose clip or pinch his/her nostrils with fingers.

### Reproducibility Criteria
- Largest FVC should be within 5% of the next largest FVC.
- Largest FEV1 should be within 5% of the next largest FEV1.
- Must meet criteria for acceptability.

### Patient Coaching
- Place the flow transducer in your mouth, on top of your tongue & between your teeth.
- Close lips and teeth around the flow transducer to create a tight seal, like if you were blowing in a musical instrument.
- Keep your chin slightly elevated and make sure that your tongue is out of the flow transducer.
- Take a good deep breath.
- Now BLAST into the flow transducer as hard, fast and completely as possible.
- Keep blowing, squeeze all the air out.
- Stop.

### Reproducibility Criteria
- Largest FVC should be within 5% of the next largest FVC.
- Largest FEV1 should be within 5% of the next largest FEV1.
- Must meet criteria for acceptability.

### Example of Non-Reproducible and Reproducible Spirometry Test

### Non-reproducible test
This example shows a non-reproducible test with 3 acceptable curves. Note the obvious variability in the FVC size of the curves, most likely due to an incomplete inhalation. Coach the subject to take a deeper breath before performing the FVC maneuver.

### Reproducible test
This example shows a reproducible test with 3 acceptable curves. The 3 FVC efforts are within 5% of each other, which indicates that the patient inhaled completely before each expiration.