

What is the breathing check?

To check your child's lungs, we would like to do a simple breathing check. This is called the 'Forced Oscillation Technique' or FOT, and measures how air flows in and out of their lungs. The check uses a machine that vibrates the air your child breathes. It is painless and will not affect their breathing.

What happens in the check?

The check involves a few easy steps.

1. Before we start, we will measure your child's height and weight.
2. We will ask your child to sit upright with a nose peg so they breathe through their mouth.
3. We will ask your child to place their lips around a mouthpiece and we will support their cheeks.
4. We will ask your child to breathe normally until the check is completed. Your child might feel a gentle but harmless fluttering in their mouth from the machine. It will not affect their breathing.
5. The check will be repeated until we get three good results. This takes about 10 minutes.
6. If your child is happy to continue, we will give them two puffs of Ventolin, wait 15 minutes and repeat the check.



Ventolin is commonly used for children with asthma. It relaxes tight muscles in the lungs and makes breathing easier. Even if your child does not have asthma, Ventolin is a safe medication. It is used for babies and young children all over the world. Ventolin is given through a mouthpiece attached to a spacer.

If at any point you or your child do not want to continue with the checks, you can withdraw. Any information will help the study, even if all the checks are not completed.

Our staff are trained in working with children. They will be on-hand to assist in making your child comfortable. Toys and videos will be available to keep your child occupied during the checks. When they are finished, your child will be given a gift (like stickers or a book) which you can choose.

Any questions?

Our team are happy to answer any questions before, during or after the checks. You can email Latrobe.ELF@utas.edu.au or call the study support line on 1800 322 102.