

# About Your Sniff Test

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## *What You Need to Know and Do*

Sniff tests help diagnose how well the diaphragms of your lungs are working. The diaphragms separate your chest from your abdomen.

This test is done to diagnose lung conditions such as diaphragm paralysis.

### What should I do before my sniff test?

There is no special preparation necessary before your test. You can eat, drink, and take medications as you normally do.

### What happens during my test?

- You may be asked to change into a hospital gown.
- You will stand while your doctor gets the X-ray camera ready.
- You will be asked to breathe normally as well as “sniff” rapidly while your diaphragms are watched on X-ray.
- Tell your doctor if you have any of these symptoms during the test:
  - shortness of breath
  - trouble standing
  - fatigue or dizziness.

### What happens after my test?

- You can return to your normal diet, activity, and medications.
- Your doctor will discuss your test results with you during a follow-up appointment or over the phone.