

## Sniff Test (Chest Fluoroscopy)

### *How to prepare and what to expect*

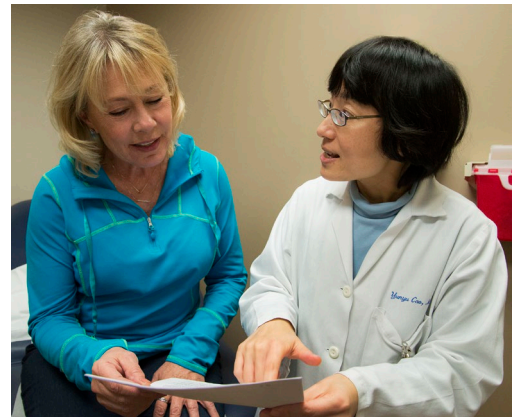
*A sniff test allows your doctor to see how your diaphragm moves when you breathe. This handout explains how the exam works, how to prepare, what to expect, and how to get your results.*



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### What is a sniff test?

A sniff test is an exam that checks how the *diaphragm muscle* moves when you breathe normally and when you inhale quickly. The test uses a special machine called a *fluoroscope* that shows live X-ray images of the inside of your body. A sniff test is also called *chest fluoroscopy*.



*Talk with your referring provider if you have any questions about this exam.*

### How does the diaphragm muscle work?

The diaphragm muscle contracts to help you breathe. It normally moves down when you inhale, and up when you exhale. This movement is controlled by the right and left *phrenic nerves*.

In normal breathing, the right and left sides of the diaphragm move in the same direction at the same time. A sniff test shows if there are problems with the phrenic nerves.

### How do I prepare?

- Tell your provider if you are pregnant or breastfeeding, or if there is any chance you could be pregnant.
- You do not need to prepare in any special way for this exam.

### How is the exam done?

- We will ask you to change into a hospital gown and remove any jewelry.

- **Before** the exam begins, tell the technologist if there is any chance you could be pregnant.
- During the test, we will ask you to “sniff” (quickly breathe in through your nose).
- Small amounts of X-rays will pass through your body while you are sniffing, creating images of your diaphragm.
- The radiologist will watch these images on a monitor to see how your diaphragm moves.
- The sniff test takes about 15 minutes.

## What will I feel during the exam?

A sniff test should not cause any pain or discomfort.

## Who interprets the results and how do I get them?

A radiologist who is trained to interpret sniff tests will review your X-rays and send a report to your primary care or referring provider. The radiologist may talk with you briefly about your X-ray images, but your own provider will give you the full results of your exam.

You and your provider will decide the next step, such as treatment for a problem, as needed.

You may also read your results on your MyChart page. If you need copies of your images on disc, call 206.598.6206.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

If you have questions, call:

- UWMC - Montlake:**  
206.598.6200
- UWMC - Northwest:**  
206.668.2073
- Harborview Medical Center:** 206.744.3105

For scheduling, call:

- UWMC - Montlake:**  
206.598.6211
- UWMC - Northwest:**  
206.598.6211
- Harborview Medical Center:**  
206.744.3105