The BREATH CO Test Script[i]

The goal of the test is measure the amount of carbon monoxide in your blood, as it is an indicator of tobacco exposure, which is a risk to your health. After the breath test, we will look at your number and see on the chart, what it means.

The way it works is for you to empty your lungs by slowly pushing out as much air as possible.

When the test begins, you are going to take a deep breath in and I'm going to hand you the monitor to put in the straw and then hold while the monitor counts down for a few seconds. Once started, please don't talk until the test is finished.

When you hear three beeps you are going to place your mouth over the mouthpiece and exhale slowly, pushing all of the air out of your lungs.

Now take a deep breath and hold it. Don't put your mouth on the mouthpiece until you're ready to exhale (three beeps) and remember not to talk until the test is finished. (You start the monitor's countdown here by the double click on the face as they breath in, then hand them the monitor to hold – have them insert the straw, first and then when the monitor beeps three times instruct them to breathe slowly into it). Listen for three beeps to know when the countdown is finished and when they should begin blowing into the straw. As you hear the third beep, say:

Now put your mouth over the mouthpiece and begin blowing slowly. Push all the air out of your lungs nice and slowly; try to empty your lungs.

Once finished, read the number on the screen to the patient and show them the corresponding place on the chart. Interpret the result (low, medium, high) tobacco exposure. Make notation in EPIC for CO value.

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[i] You can go through a set of training slides on-line at https://covita.net/education.html.