



RECEPTION ONLY: PLS BOOK A DOUBLE APPOINTMENT

## **SPIROMETRY PATIENT INSTRUCTION SHEET**

### **What is Spirometry?**

This test looks at how fast you can blow air out through the airways and also how fast you can breathe air back in. This means that we can measure the flow of air to and from your lungs and airways. You will be asked to breathe in until your lungs are completely filled with air before you blow out as hard and as fast as you can through a mouthpiece into a measuring device.

### **How will a Spirometry test help me?**

They will help your doctor diagnose lung problems such as asthma or emphysema. They will also help your doctor plan your treatment and evaluate the effectiveness of your treatment.

## **Are there any side-effects when performing lung function tests?**

There should not be any side-effects from carrying out these tests. As we usually ask you to perform the breathing exercises a few times, you may feel a little tired after the tests have been completed - this is quite normal and you should not worry.

**RECEPTION ONLY: PLS BOOK A DOUBLE APPOINTMENT** The tired feeling will quickly disappear. However, if you have any chest pain or other problems during the tests, please tell a member of staff.

## **Inhalers and medicines**

If you take inhaled steroids (Preventor inhalers such as Flixotide) please continue to use them as advised by your doctor. If you regularly use bronchodilators (Relievers such as Ventolin or Salbutamol, for example) please do not use them for a few hours before your appointment.

**Please follow the instructions below:**

**If possible:-**

**Ventolin or Salbutamol** - Please do not take for four hours before your tests.

**Atrovent** – Please do not take for six hours before your tests.

**Serevent** - Please do not take for 12 hours before your tests.

If you are unsure which type of inhaler you have, please telephone us and we will advise you. If you find it difficult to manage without your inhaler, please use your bronchodilator and make a note of the time you use it. Steroids taken in tablet form should be taken as normal. All other medicines can also be taken as normal.

## **Do's and don'ts**

Please wear loose clothing which does not restrict your chest and abdominal movement.

Please do not smoke for at least 24 hours before the tests.

**RECEPTION ONLY: PLS BOOK A DOUBLE APPOINTMENT** Please do not perform vigorous exercise for at least 30 minutes before the tests.

Please do not eat a large meal during the 2 hours before the tests.

Please do not drink alcohol during the 4 hours before the tests.

No caffeine or decaffeinated products 2hours prior to your appointment

Please ensure you have an empty bladder prior to the test.

## **Medical History**

Please let the nurse know if you have had any of the following conditions:

- Angina or Heart condition
- Recent Eye surgery (within the last 8 weeks)
- Recent abdominal surgery (within the last 8 weeks)
- Recent Stroke (within last 8 weeks)

- History of Aneurysm
- Recently broken or cracked a rib or had any problems with your neck vertebrae.
- History of Collapsed Lung