



Spirometry Patient Information leaflet

- **What is it?** Spirometry is a method of assessing your lungs by measuring the total volume of air you can breathe out after taking a maximal breath in
- **Why do I need it?** We do spirometry tests to see if you have a lung condition which will then help us to plan your care and treatment if required

To be able to get the best results from your test, please follow the instructions below:

1. If you are unwell or in pain on the day, e.g., have a cold, headache, chest infection, etc please contact the surgery
2. Do not smoke or vape for as long as possible before the test, minimum 4 hours but ideally 24 hours if you can manage.
3. Do not have any alcohol or caffeinated drinks for at least 4 hours pre-test
4. Do not eat a heavy meal for at least 2 hours pre-test
5. No vigorous exercise for at least 30 minutes pre-test
6. Wear loose fitting clothes to your appointment
7. If you have a 'Reliever Inhaler' i.e., Ventolin, Salamol, Bricanyl, or Atrovent, do not to use within 6 hours of your test appointment unless you are struggling
8. If you have any of the following, do not use for 24 hours – Symbicort, Fostair, Luforbec, Flutiform, Duoresp
9. If you have any of the following, do not use for 36 hours pre-test – Anoro, Spiolto, Spiriva, Ultibro, Seebri, Onbrez, Bivespi, Trelegy, Trimbrow, Trixeo
10. If you have any inhalers, please bring them to your appointment
11. Please Empty Your Bladder immediately prior to your test appointment
12. If you have had any of the following in the last 3 months, please contact the doctor or nurse to check if you should keep your appointment
 - Chest infection & taken antibiotics or steroid tablets
 - Uncontrolled angina
 - Heart attack or Stroke
 - Any surgery on your chest, abdomen, eyes, ears, brain