

Your Doctor or nurse has requested that we perform a test on your breathing. An appointment has been made for you to attend for a spirometry test. Please read this information leaflet carefully. If you have any queries prior to the appointment please contact the surgery.

Date _____

Time _____

What is a spirometry test?

Spirometry measures how well your lungs are working. Doctors commonly request this test to:

- see if you have any lung disease
- to measure severity of lung disease
- to see if medication will make your breathing better

The Procedure

Two tests will be carried out.

- 1) A clip may be put onto your nose to make sure that no air escapes from your nose. You will then be asked to breathe in fully, seal your lips around the mouthpiece of the spirometer, and breathe out slowly for as long as you can.
- 2) You will be asked to breathe in fully, as in the first test, and then blow out as fast and for as long as you can until your lungs are completely empty.

Each test will be performed a minimum of three times and you will be given a rest between each attempt.

If at anytime you feel that you are unable to continue, you must make the tester aware of this.

Before your test

Before attending for your spirometry test, please:

- Do not take vigorous exercise for 30 minutes
- Do not wear any tight clothing that may restrict your breathing
- Do not smoke for at least 24 hours
- Do not eat a heavy meal for 2 hours
- Do not take alcohol for 4 hours

**PLEASE CONTINUE TO TAKE ALL YOUR
PRESCRIBED MEDICATION INCLUDING YOUR
INHALERS AS NORMAL**

Please contact the surgery if you have experienced any of the following:

- Current or recent chest infection (within the last 6 weeks)
- Recent eye, stomach or chest surgery
- Heart attack within the last month
- Attended Accident & Emergency in the last 2 to 3 days
- Chest Pain on the Day of your test

Please allow 30 minutes for this appointment

Results

The results will go to your doctor or nurse who will explain them to you at your next clinic visit.

Please note that you may not be given the results on the day of your test.

SPIROMETRY ASSESSMENT

COPD CHECK UP

PATIENT INFORMATION

