

PATIENT INFORMATION

SPIROMETRY ASSESSMENT

REVERSIBILITY



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 any time you feel that you are unable to continue, you must make the tester aware of this.

The test will then be repeated after we have given you some medication called ventolin, to see if this helps your breathing

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

If you use inhalers or nebulisers for your breathing, please try not to take the following:

24 hours before tests

- SPIRIVA HANDIHALER or RESPIMAT.
- EKLIRA
- DUOKLIR
- ULTIBRO
- ANORO
- SEEBRI

12 hours before tests

- SEREVENT
- OXIS/FORADIL
- SYMBICORT
- SERETIDE
- DOURESP
- SIRDUPLA
- FOSTAIR
- FLUTIFORM
-

6 hours before tests

- ATROVENT

4 hours before tests

- SALBUTAMOL
- BRICANYL
- VENTOLIN

If you feel you are too breathless without any of these then you must take them

**PLEASE CONTINUE TO TAKE ALL OTHER
PRESCRIBED MEDICATION AS NORMAL**

If you are unsure as to whether you should take your particular inhaler before the test please contact the surgery and speak to one of the Doctors or Nurses to get advice.

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
- Infectious illness in the last week

Please allow one hour 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.