**EAST PARADE AND PARK PARADE SURGERY**

**PATIENT INFORMATION SHEET**

**SPIROMETRY**

You have been asked to book for a special breathing test called spirometry which will aid in the planning of your care and treatment. The test will take between 30 and 40 minutes. The test requires you to blow into a tube which is connected to a machine to record your lung function. It does require some effort.

Please take a lateral flow test on the day of your appointment. If you haven’t got a supply you can order from the NHS site- tick the box saying a Health Care Professional has requested a test.

**HOW TO PREPARE FOR THE TEST**

Please try to avoid smoking for 24 hours before the test.

Please do not drink any alcohol or have a heavy meal before the test

Avoid heavy exercise for a few hours before the test

It is best to wear comfortable loose clothing and empty your bladder before the appointment.

**INHALERS**

Avoid using any reliever inhaler (blue) for 4 hours before, e.g., salbutamol (Ventolin), terbutaline (bricanyl), ipratropium (atrovent). However, if you feel unwell and need to use, please do so but let the nurse know when you attend.

Avoid using Seretide, Symbicort or Fostair for 12 hours before the appointment.

If you are having spirometry as part of your annual reviews for COPD, please use your inhalers as normal.

If you develop a chest infection and need antibiotic or steroid tablets before your appointment, please ring and rearrange as the spirometry needs to be performed at least 4-6 weeks after finishing the course.

If you have any questions or concerns before your test, please telephone the practice.