



Northlands Wood Practice

OUR ROOTS IN LIFE

OUR BRANCHES IN HEALTH

PREPARATION FOR LUNG FUNCTION TEST (SPIROMETRY)

It is important that you read and follow the instructions below.

Your preparation for the test is very important as it will ensure that the result is as accurate as possible.

Your Preparation

Avoid:

- Attending for an appointment within 6 weeks of any chest infection.
- Smoking for at least 24 hours

On the day avoid:

- Drinking alcohol for at least 4 hours
- Eating a large meal for at least 2 hours
- Using your reliever inhaler (usually blue) for at least 2 hours (if possible)
- Strenuous exercise for at least 30 minutes

Please bring your aerochamber/Volumatic, if you have one, to your appointment.

Please bring your blue/reliever inhaler, if you have one, to your appointment.

Please make sure that you wear clothes that are loose and comfortable (especially around your chest and middle).

If you are unable to follow any of these instructions, please let the practice nurse know when you arrive for your appointment.

At the Appointment

Please make sure that you inform the nurse if have been unwell recently, received any new medications or had any surgery, especially eye surgery.

The lung function test involves blowing into a mouthpiece as hard as you possibly can until you have emptied your lungs. It is important that you keep blowing for as long as you can, or until you are told to stop. You will probably be asked to do this at least three times.

The whole procedure may take up to 40 minutes.

If there is anything that you are worried about, or if you feel uncomfortable or unwell at any time during the test, please let the nurse know.

HH Spirometry preparation – Liz Jordan (share/doc/h/nurse)

Dr Liz Jenkins • Dr Ian Atkinson • Dr Huw Morris
Northlands Wood Practice • 7 Walnut Park • Haywards Heath • West Sussex • RH16 3TG
Tel: 01444 458022 • Fax: 01444 415960 • www.northlandswoodpractice.com