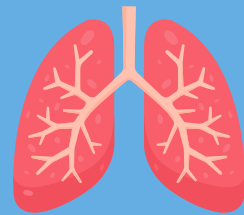


Spirometry Service

How should I prepare for Spirometry?

When attending for your Spirometry test please avoid the following:

- Smoking for 1 hour prior to your appointment
- Vigorous exercise for 30 minutes prior to your appointment
- Drinks alcohol for at least 4 hours prior to your appointment.
- Please wear non-restrictive comfortable clothing.
- Please avoid taking your inhalers prior to your test



- **Do not use your reliever inhaler** (usually blue, Salbutomal or Brincyl) for 6 hours prior to your appointment - (SABA)
- **Do not use your twice daily inhalers or MART inhalers** - Seretide (purple) Fostair (pink) Trimbrow (brown/grey) Duaklir, Fobumix, Symbicort, Spiromax for 24 hours prior to the test (LABA and ICS)
- **Do not use your once daily inhalers**, Spirivia (grey) Incruse (green) Anoro (Red) Trelegy (fawn) Relvar (yellow top) inhaler 36 hours before the test (long acting LAMA or ultra long acting LABA)

If you are unable to follow any of these instructions please let the nurse know when you arrive for your appointment as we may not be able to carry out the test.

The Spirometry test will not be carried out if you are on anti-biotics or you have any of the following:

- Current chest infection
- Eye surgery within the past 3 months
- Abdominal surgery within the past 3 months
- An arterial aneurysms (for example of the aorta), or an aneurysm that has been repaired in the past 3 months
- A stroke within the past 3 months
- A heart attack within the past 3 months
- If you are coughing up blood
- Shouldn't attend within 6 weeks of having a chest infection and taking antibiotics or oral steroids



What is Spirometry?

A Spirometry test is a way of assessing how your lungs are working. It measures the amount of air you can breathe out in one breath and the amount of air you can blow out in 1 second.



How is the test done?

You will be asked to blow 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 ask to repeat this to ensure the results are consistent.

Depending on your results you may be given an inhaler (bronchodilator) and have the test repeated 15-20 minutes later to see if there is any improvement. This does not automatically mean that you will be prescribed an inhaler long-term.

Please allow up to 60 minutes for your appointment.
Please bring all your inhalers to the appointment.