

## **Spirometry Patient Information Leaflet**

Your doctor or nurse has recommended a spirometry test to assess your lung function. You can find more information about this test on the website provided:

<https://www.nhs.uk/conditions/spirometry/>.

Before booking or attending your appointment, it is crucial that you read these safety points. If you answer "yes" to any of them, please inform the surgery right away.

- Coughing up blood (haemoptysis)
- Nausea/vomiting
- Grommets
- Aortic aneurism measuring 5cm or more
- Chest infection/positive chest infection in the past 6 weeks
- Recent heart attack/stroke in the last 6 months
- Pulmonary embolism or blood clot in the last 6 months
- Any history of pneumothorax (collapsed lung)
- Unstable angina
- High blood pressure (above 150/90)
- A surgical procedure within the last 3 months (particularly eye or abdominal surgery)
- Pregnant
- Active or suspected SAR-CoV-2 infection identified through PCR or LFT swab

If any of the above applies to you, we may need to organise a different type of investigation or we may need to postpone your test. If none of the above applies to you then it is important that you follow the preparation advice below. Correct preparation will provide more quality results.

- Avoid vigorous exercise 30 minutes prior to the test
- Avoid having a large meal 2 hours before the test
- Empty your bladder
- No tight clothing
- No loose teeth/dentures
- Try not to use your inhaler for 12 hours before your test\*
- Ideally no smoking 24 hours before the test
- Do not drink alcohol up to 4 hours before test
- In the interest of keeping everyone safe please take a lateral flow test to ensure you do not have COVID the day before the test

If you regularly use inhalers or nebulisers then please try and avoid taking the following medications for the time period indicated:

<b>MEDICATION</b>	<b>HOW LONG TO STOP BEFORE REVERSIBILITY TEST?</b>
Short acting beta-2 agonists (SABA) e.g. Salbutamol (Easyhaler® Salbutamol, Salamol®), Ventolin®.	4 hours
Short-acting muscarinic antagonists (SAMA) e.g. Ipratropium (Atrovent®).	12 hours
Long-acting beta-2 agonists (LABA) e.g. Salmeterol (Serevent®) Formoterol (Easyhaler®).	24 hours
Twice Daily Inhaled Corticosteroids (ICS) + LABA e.g. Fostair®, Symbicort®, Fobumix®, Seretide®, DuoResp®.	24 hours
Once Daily ICS + LABA e.g. Relvar®, Ateectura®.	36 hours
Long-acting muscarinic antagonists (LAMA) e.g. Incruse®, Spiriva®, Seebri®, Eklira®.	48 hours
LABA + LAMA e.g. Anoro®, Duaklir®, Ultibro®, Spiolto®, Bevespi®.	48 hours
ICS + LABA + LAMA e.g. Trimbrow®, Trelegy®, Trixeo®, Enerzair®.	48 hours

If you have taken an inhaler above within the time period before your test, please get in touch with the practice.

Please make sure to come to your appointment and bring any inhalers or spacers/aero chambers that your doctor has prescribed. When you attend for your spirometry the nurse will ask you the safety questions above, if for any reason it is not safe to perform the test, the nurse has the right to refuse to carry out the procedure.

If you need to rearrange your spirometry appointment, please contact the Patient Services on 0151 357 3777.