

Chapelton Primary Care Network (PCN) is a group of 6 practices who have committed to working together to improve services for patients. Working together in this way makes it easier for us to improve access to services. The practices in our network are listed on the back of this leaflet.

Chapelton PCN also works closely with practices in North Leeds (Leeds North PCN) to provide some of our weekend and evening services.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times. Please treat our staff in the same way.



Allerton Medical Centre

6 Montreal Avenue
Chapel Allerton
Leeds, LS7 4LF
0113 295 3460
www.allertonmedicalcentre.co.uk

Chapelton Family Surgery

The Chapelton Family Surgery
Spencer Place
Leeds, LS7 4BB
0113 240 7000
www.chapeltonfamilysurgery.nhs.uk

Newton Surgery

305 Chapelton Road
Leeds, LS7 3JT
0113 295 3737
www.newtonsurgery.co.uk

St Martins Practice

210 Chapelton Road
Leeds, LS7 4HZ
0113 221 1888
www.stmartinspracticeleeds.nhs.uk

Westfield Medical Centre

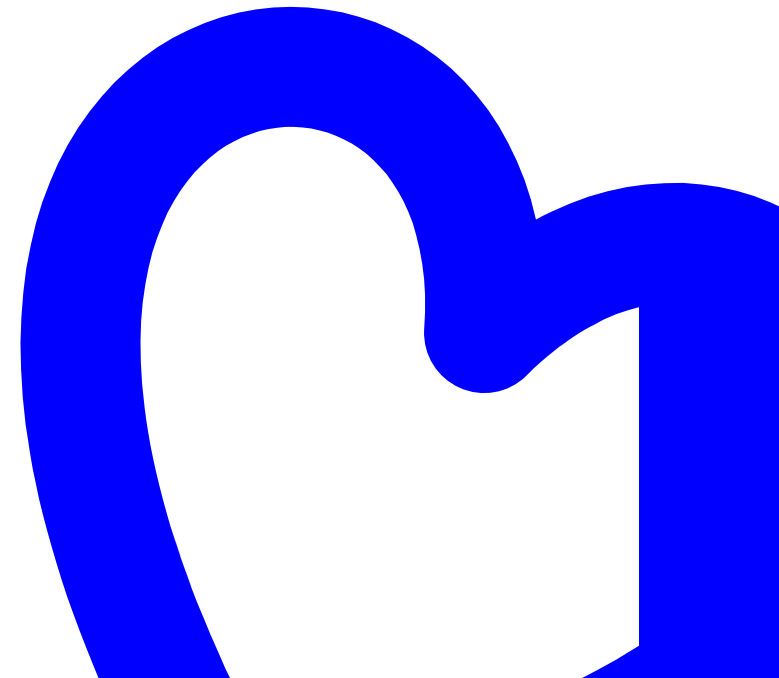
First Floor, The Reginald Centre
263 Chapelton Road
Leeds, LS7 3EX
0113 4679744
www.westfieldmedicalcentre.co.uk

Woodhouse Medical Practice

Woodhouse Health Centre
Cambridge Road
Leeds, LS6 2SF
0113 221 3510
www.woodhousemedicalpractice.nhs.uk

Patient Information Leaflet

Lung function (Spirometry) Test



Lung function (Spirometry) Test

You have been asked to have a Lung Function Test (Spirometry). This leaflet is to give you information so you can be well prepared for the test to ensure that most accurate results are obtained.

Spirometry is a test that can help diagnose various lung conditions, most commonly chronic obstructive pulmonary disease (COPD). Spirometry is also used to monitor the severity of some other lung conditions and their response to treatment.

Although spirometry is very useful for helping to diagnose some conditions and monitor their treatment, a normal spirometry test does not necessarily rule out some forms of lung disease as there can be periods when spirometry tests can be normal even where a lung condition exists, such as asthma.

How is it done?

If it has not already been done, you will have your weight and height measured. For the spirometry itself, you need to breathe into the spirometer machine.

First you breathe in fully and then seal your lips around the mouthpiece of the spirometer.

You then blow out as fast and as far as you can until your lungs are completely empty. This can take several seconds. You may also be asked to breathe in fully and then breathe out slowly as far as you can. Depending on the results, you may be given four puffs of an inhaler and the test repeated.

The test requires maximum effort so it is important that you are as fit and well as possible. Please inform staff prior to appointment if you have had any of the problems listed below in the past 2-3 months:

- Unstable angina
- Collapsed lung
- Heart attack or stroke
- Operations e.g. hernia/eye surgery or abdominal surgery
- Ear infections/ear perforations

The test will not be reliable if you are being treated (on antibiotics) or recovering from a chest infection in the last six weeks. If this is the case, please postpone the test until six weeks post recovery.

Instructions to follow on the day of the test:

- **Please** wear loose fitting comfortable clothing
- **Arrive** 10 minutes before appointment time
- Do **NOT** have a large meal within 2 hours of the appointment
- Do **NOT** smoke or have any alcohol that day
- Do **NOT** exercise for 1 hour prior to the test

It is important that you note the timings below with regard to taking your inhalers before the test:

- Do **NOT** use **BLUE SALBUTAMOL** inhaler for 4 hours prior to your appointment
- Do **NOT** use **FLUTIFORM/SERETIDE/SYMBICORT/FOSTAIR** inhalers for 12 hours prior to your appointment
- Do **NOT** use **SPIRIVA** 36 hours to test

Please bring **ALL** your inhalers in with you. This appointment can take up to **45** minutes.

If you have any queries regarding any of the above information prior to your appointment, please do not hesitate to contact us.