

## Can I take my Medication?

If you have never had spirometry before and it is being undertaken to diagnose a lung condition then you may be asked to stop your respiratory medication prior to testing.

**If you have been asked to stop certain medication prior to testing please see below:**

### 4 hours before do not use:

Ventolin, Salamol, Salbutamol  
Bricanyl, Terbutaline

### 12 hours before do not use:

Seretide, Sirdupla, Serevent,  
Symbicort, Fostair, Flutiform, Oxis,  
Relvar

### 36 hours before do not use:

Spiriva, Seebri, Eklira, Braltus,  
Incruse, Duaklir, Trimbaw, Trixeo,  
Bevespi, Ultibro, Spiolto, Anoro,  
Trelegy

**NB If you have COPD and the test is part of your yearly review then take all your inhalers as normal**

When you are asked to blow out as hard as you can it is essential that you put as much effort into this as possible

Whatever tests you are asked to do you will be instructed fully and given encouragement. You will also be able to rest between tests.

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



**Kensington Group Practice**

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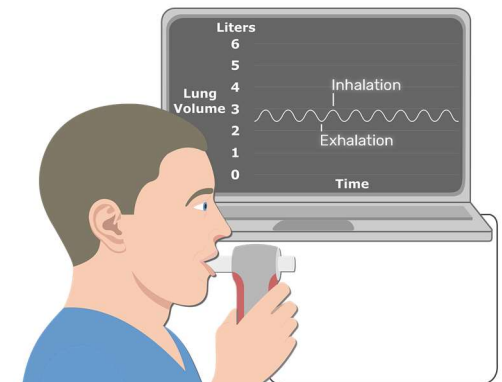


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# Spirometry Testing

Information leaflet for patients  
and their carers



## What is Spirometry?

Spirometry is a simple and painless test used to measure lung function. This test is often used to diagnose and monitor respiratory conditions such as asthma, chronic obstructive pulmonary disease (COPD), and lung fibrosis. The test will measure the amount of air you can breathe in and out of your lungs and how fast you can breathe that air out. You will be required to breathe as hard as you can which could make you breathless. This leaflet will provide you with the required information to ensure accurate results are obtained.

## Is the test suitable for me?

The healthcare professional will check you are suitable prior to commencing however if you suffer from any of the follow please contact the practice to discuss as you may not be suitable or may need to delay the test:

- Recent chest infection requiring antibiotics or steroids
- Heart attack or stroke in the last three months
- Recent eye or abdominal surgery
- Unstable angina
- Unstable high blood pressure
- Perforated eardrum or ear infection
- Coughing up blood
- Collapsed lung or pneumothorax

## What will I be asked to do?

For us to get the most out of your test you will be asked to:

- Breathe in until you have filled your lungs with air and cannot take any more in
- Put the mouthpiece into your mouth – far enough to avoid blocking it with your tongue or your teeth
- Make a good seal with your lips around the mouthpiece so that air does not escape around the edges
- Pinch your nose or wear a nose clip for part of the test to prevent air escaping down your nose
- Breathe in fully then out into the spirometer, completely emptying your lungs and squeezing out every last drop of air
- You will be asked to breathe out slowly and completely in a relaxed way and then you will also be asked to blow out as hard as you can and as fast as you can. You will be asked to do this several times.

## Important Information To Follow

- Please wear loose fitting and comfortable clothing
- Please allocate at least **one hour** of your time for spirometry with reversibility testing. In particular if using on street parking
- Arrive at least **10 minutes** prior to your appointment to ensure your lungs are relaxed and to use the toilet
- Ensure you remove any loose fitting dentures
- Avoid eating a big meal within **two hours** of your appointment
- Please **DO NOT smoke** or **drink alcohol** within **four hours** before the start of the test as this will affect your results
- Please **DO NOT** take any vigorous exercise with **one hour** of your test
- Please follow any advice on your invite regarding prescribed inhalers.
- Please bring with you **ALL** inhalers that you are prescribed.

**Please note a spirometry cannot be done if you are currently taking antibiotics for a chest infection. You must wait until 6 weeks after completing your antibiotics**