

PATIENT INSTRUCTION SHEET – SPIROMETRY TESTING

Your GP has requested a special breathing test called a Spirometry test which will aid in the planning of your care and treatment. The test takes approximately 30 minutes and requires some effort although it is not difficult or painful.

In order for us to achieve the best results from the test please follow the instructions set out below:-

- 1) If you are unwell or your chest condition is unstable e.g. you have a cough/chest infection etc., please contact the surgery to arrange another appointment. You should be clear from a chest infection for at least six weeks prior to the test.
- 2) If you are a smoker **DO NOT SMOKE FOR AT LEAST 1 HOUR** prior to the test.
- 3) **DO NOT EAT FOR AT LEAST 1 HOUR** prior to the test. Fluids, other than alcohol, may be taken freely.
- 4) If you use a short-acting reliever (e.g. Ventolin, Salbutamol, Bricanyl, Atrovent) this should not be taken for 4 hours prior to the test. **HOWEVER IF YOU FEEL UNWELL AND NEED TO USE THIS DO SO AND LET THE SURGERY KNOW.** We can arrange another appointment.
- 5) If you normally use a short-acting reliever make sure you bring this with you to your appointment.
- 6) If you use a long-acting reliever (e.g. Serevent, Foradil, Oxis) this should not be taken for 12 hours prior to the test.
- 7) Please **EMPTY YOUR BLADDER** immediately prior to the test.