

## **INFORMATION FOR SPIROMETRY**

Spirometry is a test we use to assess lung function: it can be very useful in making a diagnosis, planning and assessing response to treatment, and following up your lung function over the long term.

You will be given an appointment with a nurse that will last approximately 30 minutes.

The test involves taking a deep breath in, and blowing into a tube as hard and fast as you can until your lungs are empty. It will be repeated 2 to 3 times. Depending on the results you may be given an inhaler to take before having the test repeated after approximately 15 minutes.

It is not painful, but occasionally people can feel light-headed after taking a few deep breaths. This is not worrying, and you will recover quickly: you will be given time to recover between tests.

Please bring all your inhalers to the appointment.

### **IMPORTANT INFORMATION:**

You will need to stop using your inhalers prior to the appointment if possible (see below): if you had needed to have taken them because of breathing problems please inform the nurse.

In the 6 hours before the appointment you should NOT use any of the following inhalers

- ventolin/ salbutamol/ salamol (blue)
- formeterol/ oxis (white and blue)
- atrovent/ ipratropim (white/ grey)
- bricanyl (white and blue)

In the 12 hours before the appointment you should NOT use any of the following inhalers

- serevent/ salmeterol (green)
- seretide (purple)
- spiriva/ tiotropium (grey and green)
- symbicort (white and red)

In the 24 hours before the appointment you should NOT use any of the following tablets

- theophylline/ uniphyllin/ slo-phyllin
- aminophylline/ phyllocontin

Please do not smoke in the 24 hours before the test

Please do not drink alcohol on the day of the test

Please avoid eating a large meal for at least 2 hours before the test

Please wear non-restrictive comfortable clothing

Please cancel, and re-book, your appointment if you have had a chest infection or temporary worsening of your COPD/ asthma within the last 6 weeks.

After the test is over you can go home and resume normal activities. You should continue taking any inhalers as normal. You should also make an appointment with your doctor to discuss your results.

We look forward to seeing you at Thornley Street Surgery.

Dr Stone October 2008