

# SPIROMETRY

## PATIENT INFORMATION SHEET

**Spirometry is a test of how well your lungs work. The test is carried out using a machine called a spirometer.**

Spirometry is needed to diagnose and assess your lungs so you can be given the right treatment. Your Doctor can also use the test results to find out how severe your lung condition is and help set your treatment goals.

### **IS THERE ANY RISK IN HAVING A SPIROMETRY?**

Spirometry is a very low risk test.

You may feel dizzy during the test or shortly afterward.

Your doctor may ask you to delay having the test if you have been sick, for example, a recent chest infection.

### **HOW IS IT DONE?**

For this test, you blow air into a mouthpiece attached to a small machine called the spirometer. The machine measures how much air you blow out and how fast you can blow out in one go.

You will be asked to do this multiple times to check that the readings are similar each time you blow into it.

A spirometry appointment usually takes approx. 20 – 30 minutes. It is not hard or painful but needs some effort.

### **GETTING READY FOR THE TEST**

We recommend wearing loose comfortable clothing to the test so that you can take a deep breath.

**24 hrs before** – Stop taking long acting once daily inhalers.

**12 hrs before** – Stop taking long acting twice daily inhalers.

**6-8 hrs before** – Stop taking short acting reliever inhalers **unless you need to use them.**

**4 hrs before** – Do not drink alcohol.

**1 – 2 hrs before** – Do not eat a large meal. Fluid other than alcohol may be taken.

**1 hr before** – Do not smoke.

**30 minutes before** – No heavy exercise.

**Just before** – Go to the toilet.

### **AFTER THE TEST?**

You can return to your normal activities. Some people find it hard to do the test, so you may feel tired afterwards.

A report will be sent to your doctor and you will need to book a follow up appointment with them.

