

Patient information prior to Spirometry

Spirometry is a simple test used to help diagnose and monitor certain lung conditions by measuring how much air you can breathe out in one forced breath. It's carried out using a device called a spirometer, which is a small machine attached by a cable to a mouthpiece.

The GP will have given you a prescription for a blue salbutamol inhaler. Please remember to bring this with you to your appointment with the nurse.

Before your test please:

- Do not consume alcohol, illicit drugs or smoke any tobacco for at least 4 hours prior to test.
- Do not wear clothing that will substantially restrict full chest and abdominal expansion.
- Do not eat a substantial meal 2 hours prior to the test.
- Avoid vigorous exercise 30 minutes prior to test.
- If you use inhalers, try not to take any of your inhalers on the day of your spirometry test. However, if you have felt it necessary to use one or some of your inhalers, please let the nurse know so this can be factored in when reviewing your results.
- During COVID restrictions this procedure may take approximately 30 minutes.
- All patients will be expected to practise hand hygiene and wear a face mask provided by the surgery.
- If you have had a respiratory infection 4-6 weeks prior to your appointment, please contact the surgery for a nurse to review.
- If you have any covid symptoms or a positive PCR/lateral flow test, then please contact the surgery to re-book the appointment. You will also receive a telephone call on the day before your appointment to confirm you have no covid related symptoms.

Please note: If you have not brought your blue inhaler to your appointment unfortunately your appointment will need to be re-booked, as this is a timed test.

Questions to ask yourself before attending for a spirometry test.

1. Have you suffered from a recent pneumothorax, pulmonary embolism?
2. Have you recently had chest pains, angina, myocardial Infarction (heart attack)?
3. Have you recently had a stroke?
4. History of an aneurysm?
5. Do you have any ear problems e.g., recent ear surgery, on the middle and inner ear (in the past year)?
6. Do you have any eye problems (recent eye op or eye trauma, cataract)?
7. Have you recently had abdominal surgery?
8. Do you have raised blood pressure (> 200/110 mmHg)?
9. Are you pregnant or within three months of having had a baby?
10. Do you have an acute back problem or suffer from any back discomfort?
11. Are you coughing up blood?
12. Have you had/have you got a chest infection that needed treatment with antibiotics or oral steroids or if you have any other severe illness in the last six weeks?
13. Please ensure you inform the nurse or doctor straight away if you feel, lightheaded, faint, or experience pain or discomfort when performing the spirometry.
14. The maximum attempt of blows will be limited to 8 or less if you feel too exhausted.
15. If unsuccessful with your attempt's you may be asked to re-attend.

If you answer yes to any of these please contact us to discuss this with a nurse prior to treatment.