

Spirometry

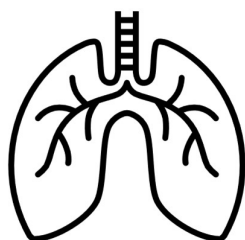


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What is a Spirometry test?

Spirometry is a basic breathing test which measures the amount of air you can blow out. Your GP/Practice Nurse has requested this test to assess your lung function. The appointment will take around 30 minutes.

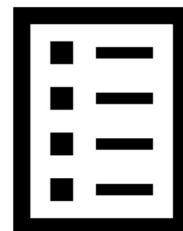


What happens during a Spirometry test?

The clinician performing the test will measure your height and weight then ask you to sit upright in a chair and hold the device (Spirometer). You will then be asked to take a deep breath in and blow into the device slowly and gently then as hard and fast as you can until your lungs are completely empty. This routine will be repeated to ensure the results are consistent.

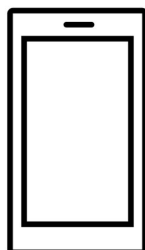
How to I prepare for the test?

- You must bring your inhaler/s and spacer (if used) to your appointment.
- If you take inhaled steroids (Preventor inhalers such as Flixotide) please continue to use them as advised by your doctor. If you regularly use bronchodilators (Relievers such as Ventolin or Salbutamol, for example) please do not use for at least 6 hours prior to the appointment.
- Do not smoke in the 24 hours prior to the test.
- Do not attend the test if you are currently ill with a cough, fever, sickness, or diarrhoea.
- Do not drink alcohol on the day of the test.
- Do not have caffeine e.g. tea/coffee in the four hours before the test.
- Avoid eating a large meal 2 hours before the test.
- Avoid vigorous exercise in the last 30 minutes prior to your test.
- Please wear non-restrictive, comfortable clothing.



Please let us know prior to booking if one of the following applies:

- Coughed up blood recently.
- Collapsed Lung
- Had a heart attack within the last six weeks.
- Uncontrolled angina.
- Had a stroke in the last six weeks.
- Had any eye surgery in the last six weeks.
- Had any thoracic or abdominal surgery in the last six weeks.
- Any thoracic abdominal or cerebral aneurysms
- Had a middle ear infection in the last two weeks



What happens after the Spirometry test?

After your test the results will be interpreted by one of our clinicians. We will then be in contact with you with the results within a few weeks.