**Spirometry diagnostic test**

You have been invited for a breathing test called spirometry, to determine how your lungs are working. This information will help us to ensure that you have the best treatment to help you breathe more easily.

**What will happen?**

The test is painless. You will be in the surgery for approximately 1 hour. You will be asked to perform a series of blows down a tube to measure how much air is in your lungs and to see how quickly you are able to blow it out. The nurse will instruct you how to breathe into the spirometer. This will provide detailed information about the working of your lungs. You may be given some medication via an inhaler following the first test and then asked to repeat the test 20 minutes later. This will all take place within your appointment.

**If you are taking respiratory medication (e.g., Inhalers) It Is Important that you follow the Instructions outlined below as closely as possible; this helps us to obtain the most accurate results.**

**You must take all other medications (not listed below) as usual.**

**Instructions**

**Please DO NOT take the following drugs or Inhalers for the length of time outlined below:**

**4 - 6 hours before the appointment DO NOT USE:**

|  |
| --- |
| **Drug name Brand name** |
| Salbutamol Ventolin, Salamol, Aerolin |
| lpratropium bromide Atrovent |
| Terbutaline Bricanyl |
| Oxitropium bromide Oxivent |
| Bambuterol Bambec |

**24 hours before the appointment DO NOT USE:**

|  |
| --- |
| **Drug name Brand name** |
| Theophylline Uniphyllin, Nuelin |
| Montelukast, Zafirlukast Singulair, Accolate |
| Salmeterol and fluticasone Seretide |
| Formoterol and budesonide Symbicort |
| Salmeterol Serevent |
| Tiotropium bromide Spiriva |
| Formoterol Atimos, Foradil, Oxis |
| Lndacterol Onbrez |
| Glycopyrronium Seebri |
| Vilanterol and Fluticasone Relvar Ellipta |

**Do I need anything else?**

**Prior to splrometry**

• Wear loose clothing

• No smoking for 24 hours prior to the test

• No alcohol for 4 hours prior to the test

• Avoid eating a heavy meal at least 2 hours prior to the test

• Do not do any vigorous exercise for 30 minutes prior to the test

**If you are taking any Inhalers, please bring them with you along with your spacer (volumatlc aerochamber) If you have one.**

The test should be performed when you are as well as possible, (if you have been prescribed certain antibiotics you should wait 6 weeks before having the test - please contact us to discuss). If you are ill or are unable to attend for any reason, please let us know as soon as possible and we will rearrange your appointment.