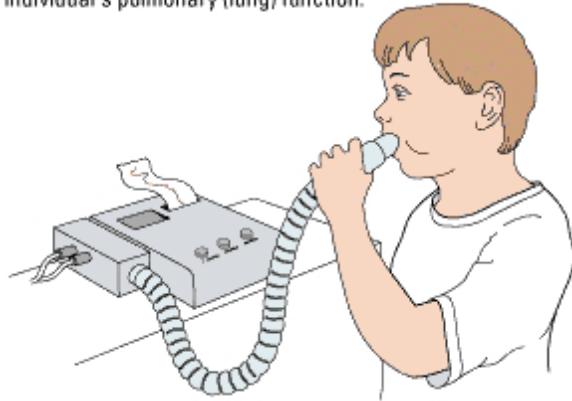


SPIROMETRY INFORMATION SHEET

Your doctor or nurse has organised breathing tests for you known as spirometry. The following are some things you should know about before your appointment and some simple instructions for the day.

Spirometry

Patient blows into spirometer. The device measures and records maximum air flow, lung volume, and other parameters which are important in understanding the individual's pulmonary (lung) function.



- If you are unfortunate to develop a chest infection and need antibiotics or oral steroids or if you have any other severe illness before your appointment, please ring to make another appointment at least 4-6 weeks after the infection or illness has resolved
- The whole process takes about 10-15 minutes
- Please avoid smoking for at least 24 hours prior to test
- Do not consume alcohol for 4 hours prior to test
- Avoid vigorous exercise for at least 30 minutes prior to test
- Do not wear clothing that will substantially restrict full chest and abdominal expansion
- Do not eat a substantial meal for at least 2 hrs prior to test.
- Please try not to take your Salbutamol inhaler (blue inhaler/the reliever) for at least 2-4 hours prior to test, if you need to, please inform whoever is carrying out your testing. **Please bring your salbutamol inhaler with you to the appointment.**
- You can take your other inhalers and tablets as normal