

**PRIVATE AND CONFIDENTIAL**

Dear Patient

The GP has requested that you have a Spirometry test appointment.

A Spirometry test is used to help make a diagnosis and we would kindly ask that you please read the leaflet below carefully prior to attending your appointment.

Please ensure that you wear a mask to the appointment and that you do not have any COVID related symptoms.

**YOU MUST BRING YOUR BLUE INHALER TO THE APPOINTMENT**

If you are unable to make this appointment please ring your College Way Surgery on 01823 259 333 to re-arrange this.

Yours sincerely

Reception Team  
College Way Surgery

## **Spirometry Patient Information Leaflet**

### **What is spirometry?**

Spirometry is a simple breathing test. The test is used to see how well your lungs are functioning. It is used to diagnose different lung diseases and monitor patients with established lung conditions.

### **How is the test performed?**

For the spirometry itself, you need to breathe into the spirometer machine. First you take a deep breath in, seal your lips around the mouthpiece and blow out slowly for as long as possible.

This will be repeated at least three times. You will then be asked to repeat another three blows but this time blowing out as hard and fast as possible.

### **Reversibility testing**

Reversibility testing is done in some cases where the diagnosis of the lung condition is not clear. For this test, you will be asked to take a spirometry test as described above. You will then be asked to take 4 puffs of your Ventolin inhaler. The spirometry test is then repeated between 15- 30 minutes or so afterwards. The aim of this is to see if your airways open wider with medication or not. Asthma has more of a reversible element to the airway's obstruction, compared with COPD

You will be asked to sit and breathe in deeply and then blow as hard and fast as you can until your lungs are empty. This may be repeated several times.

Your height, weight and Blood pressure will be checked.

The results will be sent to your GP surgery and will be reviewed by either a nurse or a GP. A follow up appointment may be required but not always necessary, but this will be arranged after the tests.

### **Preparation for this Test - Please read this information prior to attending**

**IF YOU HAVE BEEN TREATED FOR A CHEST INFECTION IN THE LAST 6 WEEKS OR YOU HAVE A COLD, COUGH OR FLU, THE TEST CANNOT BE PERFORMED PLEASE CONTACT THE SURGERY**

As this test requires MAXIMUM effort, it is important to make sure that you are suitable to have this procedure, to avoid wasting your time and an unnecessary 40-minute appointment.

**It is important you inform the receptionist or the clinician (practice nurse) if you have any of the points as below, as the procedure may have to be delayed or may not be suitable for you to have.**

- 1- Uncontrolled high blood pressure
- 2- Unstable Angina
- 3- A collapsed lung in the last 3 months
- 4- A heart attack or stroke in the last 3 months
- 5- Any operations example hernia or eye surgery in the last 3 months
- 6- Ear infection
- 7- **If you have had a course of antibiotics for a chest infection within the last 6 weeks**
- 8- **Any COVID Related symptoms**



### **Before the test**

- Please empty your bladder.
- Wear comfortable loose clothing
- Do not have a large meal 2 hours before the procedure
- Refrain from drinking alcohol 4 hours before the test.
- No vigorous exercise 30 minutes before the test.
- Please refrain from smoking on the day of the test.

### **Inhaler advice**

**YOU MUST BRING YOUR PRESCRIBED SALBUTAMOL INHALER to this appointment.** Salbutamol is a commonly used inhaler designed to open your airways. The effects last approximately four hours. Your spirometry testing may not be able to be completed if you fail to bring it with you.

If you are already prescribed inhalers please follow this advice;

4 to 6 hours before the test do not use the following inhalers:

- Salbutamol (Ventolin, Aerolin, Salamol)
- Terbutaline (Bricanyl) Ipratropium Bromide (Atrovent or Combivent)

8 hours before the test do not use the following inhalers:

- Salmeterol (Serevent)
- Formoterol fumerate (Oxis or Foradil)
- Formoterol and Budesonide (Symbicort)
- Salmeterol and Fluticasone (Seretide)

36 hours before the test do not use:

- Tiotropium (Spiriva)
- Aclidinium bromide
- Glycopyrronium bromide
- Glycopyrrolate and umeclidinium bromide

**Please take any inhaled steroid inhalers as usual.**

### **Before the test**

To ensure the test is accurate please note the following advice:

- Please empty your bladder.
- Wear comfortable loose clothing
- Do not have a large meal 2 hours before the procedure
- Refrain from drinking alcohol 4 hours before the test.
- No vigorous exercise 30 minutes before the test.
- Please refrain from smoking on the day of the test.
- Remove any loose fitting dentures.

### **How long will the test take?**

The test will take between 30 and 60minutes. Some of this time may involve waiting while any medication we give you takes effect.

### **What are the risks involved?**

Risks associated with the procedure include:

- Light-headedness after each attempt at the test, but this will only last a few seconds.
- Occasionally some patients feel shaky after they have been given the inhaler. This is also normal.

Your appointment will be at the following address.

**French Weir Health Centre, 1 French Weir Avenue, Taunton TA1 1NW.**

**If you are unable to make your appointment please ring your GP surgery to re-schedule the appointment; not French Weir Health Centre.**



**Like to stop Smoking?**

**Smokefreelife Somerset** is a FREE stop smoking service serving and supporting Somerset residents to live up to their resolutions and pledge for a healthy and smokefree living

**Smokefreelife Somerset** strives to provide an excellent service to all the county's residents. We welcome all feedback, and you can send all comments to us in the following ways:

**Phone: 01823 765006**

**Email:** [smokefreelivesomerset@solutions4health.co.uk](mailto:smokefreelivesomerset@solutions4health.co.uk)

**Website:** <http://www.smokefreelivesomerset.co.uk/>