

How long do I stop my medications for?

If you have been asked to stop certain medication(s) prior to testing, please see below:

4-6 hours before do not use:

Salbutamol (Ventolin, Salamol, Aerolin)

Ipratropium Bromide (Atrovent)

Terbutaline (Bricanyl)

12 hours before do not use:

Salmeterol and Fluticasone (Seretide)

Formoterol and Budesonide (Symbicort)

Salmeterol (Serevent)

Formoterol Fumerate (Oxis, Foradil)

24 hours before do not use: Theophylline (Uniphyllin, Nuelin) Montelukast, Zafirkulast (Singulair, Accolate) Tiotropium Bromide (Spiriva)

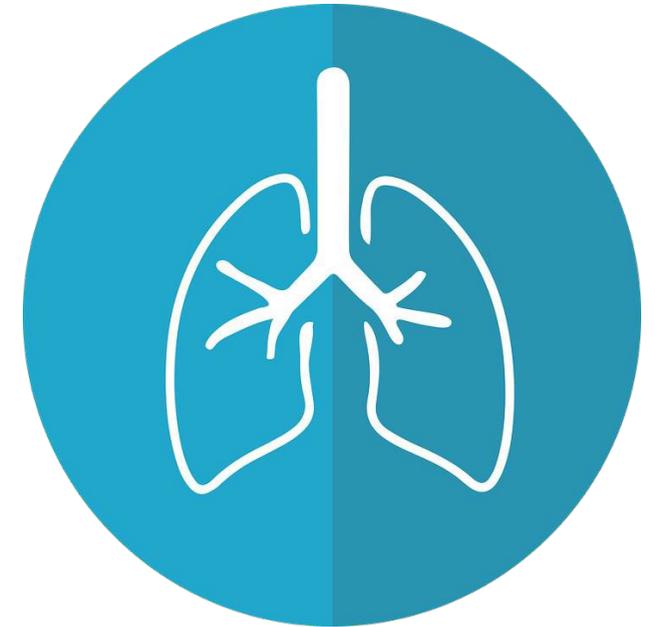


If you have questions, please do not hesitate to contact the practice on 01635 248251 or ask the nurse a question via the website at www.downlandpractice.nhs.uk/navigator/ask-a-nurse-a-question

Please inform the nurse at your appointment if you have had any of the following:

- Recent chest infection requiring steroids
- Heart attack in the last 3 months
- Recent eye or abdominal surgery
- Unstable angina
- Perforated ear drum or ear infection
- Coughing up blood
- Thoracic, abdominal, or aortic aneurism
- Recent CVA/stroke
- Currently experiencing pain
- Possibility of being pregnant

Spirometry Testing



What do I need to know?

Information leaflet for patients and their carers

What is spirometry?

Spirometry is a test used to accurately measure the amount of air you can breathe in and out of your lungs and how fast you can breathe that air out.

It is a painless procedure but it will require you to breathe as hard as you can which can make you breathless.

You will be able to rest in between the tests in order for you to get your breath back.

This leaflet has been designed for you to be well prepared for your test so that it is as easy and as useful as possible.

Can I take my medication?

If you have never had spirometry before and it is being undertaken to diagnose a lung condition then you may be asked to stop your respiratory medication prior to testing.

Please see the information within this leaflet to know which medication to stop and when you are required to do so.

Other medications can affect the test so you may be asked not to take them. You will be fully informed on which medication to stop prior to testing.

The following list of 'dos and don'ts' will help us to ensure we are obtaining the most accurate information from your lung test.

✓ Do

- Wear loose and comfortable clothing that does not restrict or interfere with your breathing
- Arrive in plenty of time for your appointment so that you are relaxed and have time to visit the toilet before your test
- Ensure you remove any loose fitting dentures

✗ Don't

- Eat a big meal within 2 hours of the start of your appointment
- Smoke within at least an hour before the start of the test
- Drink alcohol within 4 hours of the appointment
- Do any vigorous exercise within 30 minutes of the start of the test
- Take your medication if you have been asked not to prior to testing

Please do not attend if you have any symptoms of coronavirus. In this event, please call 01635 248251 to cancel your appointment.

What will I be asked to do?

For us to get the most out of your test, you will be asked to:

- Breathe in and out until you have filled your lungs with air and cannot take any more in
- Put the mouthpiece into your mouth – far enough to avoid blocking it with your tongue or teeth
- Make a good seal with your lips around the mouthpiece so that air does not escape around the edges
- Wear a nose clip on your nose to prevent air escaping down your nose during some of the tests. These nose clips are not uncomfortable
- Breathe in and out into the spirometer, completely emptying your lungs and squeezing out every last drop of air
- You will be asked to do this several times. You will be asked to breathe out slowly and completely in a relaxed way and you will also be asked to blow out as hard as you can and as fast as you can
- When you are asked to blow out as hard as you can it is essential that you put as much effort into this as possible
- Whatever tests you are asked to do, you will be instructed fully and given encouragement. You will also be able to rest between tests