

Heathgate Medical Practice

Patient Information

Spirometry

Spirometry is a method of assessing your lung function by measuring the volume of air that can be expelled from the lungs after a deep breath in. It is part of a diagnostic process when asthma or chronic pulmonary disease (COPD) is suspected.

Preparing for spirometry

Before your appointment:

- Avoid smoking if possible for 24 hours before the test.
- Do not eat a large meal before the test.
- Have no alcohol in the 4 hours before the test.
- Do not take vigorous exercise within 30 minutes of the test.
- Wear loose fitting clothes which do not restrict chest or abdominal expansion.

Omitting medication before the test

Do not use your blue (salbutamol) inhaler for 8 hours before the test.

You should continue your brown (steroid) inhaler as normal.

Other inhalers and tablets for your breathing should be omitted for 8 hours before the test.

If you think you think that leaving off your inhalers or tablets may cause you a problem, please discuss this with one of the doctors or nurses before you stop taking the medication.

The appointment

The test can take up to 40 minutes and so please allow enough time. This is because the nurse will undertake an initial test to measure your lung function and then a second test after you have taken some medication.

Our reception team is aware of the length of appointment they need to book for you.

You can learn more about spirometry from the main NHS web site at www.nhs.uk

www.heathgatemedicalpractice.co.uk
Poringland and Rockland St Mary

