

If you feel that you will be unable to perform such a test, please inform your requesting clinician.

If you have been asked to stop medication 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 feel that you will be unable to manage without your medication, please inform your requesting clinician.

Your nurse may be unable to proceed with your appointment if any of the following apply:

- Recent chest infection requiring antibiotics or steroids
- Chest pain
- Recent heart attack or unstable heart condition
- Eye, chest, brain or abdominal surgery
- Cataract/Glaucoma/laser eye treatment
- Unstable angina
- Unstable high blood pressure
- Perforated eardrum or ear infection
- Coughing up blood
- Stroke
- Aneurysm
- Hernia
- Pregnancy



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SPIROMETRY TESTING



What do I need to know:

Information Leaflet for Patients

Midland Health
Edgbaston, Birmingham
Oadby, Leicester

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 may make you breathless. You will be able to rest in between each blow 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.

Types of spirometry:

- Baseline spirometry: to investigate lung function where a diagnosis has not been established or to determine improvement in respiratory symptoms.
- Reversibility testing: may be helpful to differentiate asthma from COPD.
- Post bronchodilator spirometry: to investigate and diagnose obstructive conditions where baseline spirometry shows an obstructive picture, or to monitor clinical progress in diagnosed Asthma and COPD. You need to be established on treatment to complete post bronchodilator spirometry.

If you are unsure which type of spirometry you need, please check with your referring practitioner and bring an inhaler/spacer if required (this can be arranged via our Midland Health GP's if desired).

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.

The following list of “do’s and don’ts” will help us to ensure we are obtaining the most accurate information from your lung test:

DO

- ✓ Allocate at least one hour on your parking voucher for a spirometry with reversibility.
- ✓ Arrive in plenty of time for your appointment so that you are relaxed and have time to visit the toilet before your test.
- ✓ Arrive in plenty of time for your appointment so that you are relaxed and have time to visit the toilet before your test.

DON'T

- ✗ Eat a big meal within two hours of the start of your appointment.
- ✗ Smoke within four hours before the start of the test—smoking affects the test results.
- ✗ Drink alcohol within four hours of the appointment.

- ✗ Take any vigorous exercise within thirty minutes of the start of the test.
- ✗ Take your inhalers if you have been booked in for a reversibility spirometry test.

PLEASE NOTE:

A spirometry test cannot be done if you are currently taking antibiotics for a chest infection. A spirometry test can be carried out 4-6 weeks after finishing antibiotics.

What will I be asked to do?

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

- You will be asked to breathe out slowly and completely in a relaxed way and then you will also be asked to blow out as hard as you can and as fast as you can. You will be asked to do this several times.
- 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.

