

**Castle Medical Centre**

**Spirometry Lung Function Testing - Patient Information Sheet**

Spirometry is a test to show how well your lungs are working. This is known as your ‘Lung Function’. During the test you will be asked to blow into an instrument that gives us a very accurate measure of your lung function.

The test can take up to 40 minutes, so please be prepared to stay at the Surgery for that length of time.

If you are unwell or have had a recent chest infection, serious illness or an operation, please arrange for the Spirometry test to be done at least six weeks after you have fully recovered. If you have been on a course of antibiotics, please leave at least two weeks after completing the course before making an appointment for your Spirometry test.

**So that the results of your Spirometry test are as accurate as possible, please follow the advice given below:**

* Wear loose fitting clothes
* Please ensure you have an empty bladder (there are toilets at the Practice).
* Try not to smoke for 24 hours prior to your Spirometry test.
* Do not drink alcohol within 4 hours of your Spirometry test
* Do not exercise before your Spirometry test.
* Do not eat a heavy meal within 2 hours of your Spirometry test.
* **Please bring your inhalers with you.**

**The Spirometry test allows us to see how well your lungs respond to your inhalers which is the reason we ask you to AVOID wherever possible taking your inhalers prior to your Spirometry test.**

**Please read the instructions below:**

* If you take long acting inhalers, e.g. Serevent (green inhaler), Seretide (purple inhaler), Symbicort (red and white inhaler) or Oxis – these should not be taken for 12 - 24 hours prior to your Spirometry test.
* If you take any one of the following inhalers: Ventolin (blue inhaler), Salbutamol (blue inhaler), Airomir (blue inhaler) or Bricanyl (blue and grey inhaler) – try to avoid taking it for 4 hours prior to your Spirometry test.
* Do not take Atrovent for 6 hours prior to your Spirometry test.
* If you take any of the following: Phyllocontin, Neuelin or Volmax tablets (these are bronchodilator medicines) – please do not take for 12 hours prior to your Spirometry test.
* If you are taking Spiriva (Tiotropium, green capsule) - this should not be taken for 24 - 36 hours prior to your test.
* Theophylline - this should not be taken for 24 - 48 hours prior to your test.

**You may find it difficult to follow some of this advice.**

**Please let the nurse know when you arrive if you have had any difficulties, or if you have had to take any of your medication.**

If you have recently undergone eye surgery, have stitches from a recent operation, had a heart attack within the last 3 – 6 months or have unstable angina, we will **not be able** to perform a Spirometry test. If any of the above applies to you, you will need to cancel your appointment and make an alternative one at a later date.