

IMPORTANT PLEASE READ

Spirometry testing Patient Information leaflet

Spirometry testing looks at capacity and function of the lungs and you will be required to blow hard into the mouth piece a number of times.

- Do not consume alcohol, illicit drugs or smoke any tobacco for at least 4 hours prior to test.
- • Avoid vigorous exercise for at least 30 minutes prior to test.
- • Do not wear clothing that will substantially restrict full chest and abdominal expansion.
- • Do not eat a substantial meal for at least 2 hrs prior to test.
- • If you use inhalers, try not to take any of your inhalers on the day of your spirometry test, though if you have felt it necessary to use one or some of your inhalers, please let the nurse or doctor know so this can be taken into account.
- • During COVID restrictions this procedure may take 30 -40 minutes – please be prepared.
- • All patients will be expected to wear PPE as per practice policy. Including a surgical face mask
- • All patients are expected to practise hand hygiene.

The spirometry test causes patients to cough and It is important that any risk of infection is minimised.

- **Please take a lateral flow test on the day of the Spirometry appointment. Please do not attend if the test is positive, but call the practice to rearrange the appointment.**

If the test can go ahead and you need to cough please try to stay on the mouthpiece and cough into it, the filter is selected to accommodate this safely. If you are unable to stay on the device, please swiftly lift your mask to cover your mouth and cough into the mask. If you do need to cough please ensure that you use hand gel each time to sanitise your hands.