
Patient Information Leaflet

Investigative Spirometry Assessment

Your doctor has requested that we perform a test on your breathing called Spirometry. Please read this information leaflet carefully.

Your appointment may take up to 40 minutes.
If you have any queries prior to the appointment, please contact the surgery.

There are some special instructions to follow before your test so please read this leaflet carefully

What is Spirometry?

Spirometry measures how well your lungs are working. We will measure how much air you have in your lungs and will record you emptying your lungs at different speeds. Doctors commonly request this test to:

- To see if your symptoms are due to a problem with your lungs.
- To see if medication will make your breathing better.

Before your test

Before attending for your spirometry test please:

- Avoid vigorous exercise for 30 minutes before the test.
- Do not wear any tight clothing that may restrict your breathing.
- Try to avoid smoking on the day of the test.
- Do not eat a heavy meal for 2 hours, or drink alcohol on the day of the test.
- If you have had a chest infection within the last 6 weeks please rearrange your appointment.

Inhalers

- Please bring these, and any other inhalers you may have to the test with you.
- Please avoid using the salbutamol (blue) inhaler in the 4 hours before the test if possible. Do not withhold this if you need to take it.
- If you have been prescribed any other inhalers, please stop using them in the evening before your test.

The Procedure

Two tests will be carried out.

- You will be asked to take a big breath in until your lungs are full, and to pinch your nose. You will be given a mouthpiece, which you will need to seal your lips around and then breath out in a relaxed manner until your lungs are completely empty.
- For the second part of the test you will not need to pinch your nose. You will be given the mouthpiece, which you will need to seal your lips around and then breathe out as hard and as fast as you can until your lungs are completely empty.
- Each test will be performed a minimum of three times and you will be give a rest between each attempt.
- If at any time you feel that you are unable to continue, you must make the nurse aware of this.
- The test may then be repeated 15 minutes after we have given you some medication to see if this helps your breathing.