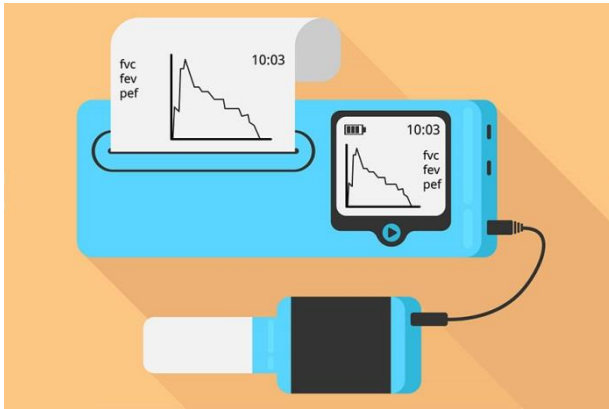


What is spirometry?



Spirometry is a test to assist in diagnosis of lung conditions.

It uses a spirometer which is a machine that measures the speed that you breathe out.

You will be asked to breathe in as much air as you can then blow out as much as you can through a mouth piece which is connected to the spirometer.

MAXIMUM EFFORT

Because the test requires maximum effort it is important to make sure that it is suitable for you.



If you have any of the following conditions please inform the Practice Nurse before your appointment. Please telephone and ask to speak to the Practice Nurses on **01332 856050**

- Uncontrolled high blood pressure
- Uncontrolled angina
- Perforated ear drum
- Coughing up blood
- Collapsed lung
- Heart Attack/stroke
- Operations – abdominal/eye/brain/heart

PLEASE LET US KNOW IF YOU HAVE TAKEN ANTIBIOTICS OR STEROIDS IN THE LAST 6 WEEKS FOR A CHEST INFECTION

BEFORE THE TEST YOU SHOULD NOT:

- Have smoked for as long as you possibly can, preferably 24hours
- Eat a large meal 2 hours prior to the test
- Have had caffeine in the last 4 hours
- Have had alcohol in last 4 hours
- Wear restrictive clothing
- Have exercised vigorously in last 30minutes

For your comfort please empty your bladder before the test.

If you are unwell on the day of the test please contact the nurses to re book the test.

REVERSIBILITY TESTS

You may be asked to do a reversibility test.

This involves performing spirometry. This test helps us to make a diagnosis.

We will then give you an inhaler through a spacer which will open up your airways. We will then repeat the test 15-20 minutes later.

YOU WILL BE AT THE SURGERY FOR APPROXIMATELY 45 MINUTES TO 1 HOUR

We will book you an appointment to discuss your results within 2-3 weeks.

This will give your doctor time to review any other test results.

**IF YOU ARE ON ANY INHALERS
PLEASE BRING THEM TO THE
APPOINTMENT ALONG WITH ANY
SPACERS YOU MAY HAVE**

CASTLE DONINGTON SURGERY
53 BOROUGH STREET
CASTLE DONINGTON
DERBYSHIRE
DE74 2LB
01332 856050

Patient Spirometry Preparation Leaflet

Castle Donington
Surgery
Patient information
Leaflet