

The Crouch Oak Family Practice

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You have been invited to the surgery for a spirometry test – this is a type of breathing test which helps us to measure your lung function.

REVERSIBILITY SPIROMETRY TESTING

There are a few simple instructions for you to follow before coming to the appointment:

1. Please try to avoid smoking for 24 hours prior to the spirometry test
2. Please try to avoid strenuous exercise for 30 minutes prior to the test
3. Please try to avoid eating a large meal for 2 hours prior to the test
4. Please be advised you will be asked to remove any restrictive clothing that may impede the test.
5. If you currently use inhalers you may be asked to withhold taking them on the day of the test. Please check if you are unsure.

In some circumstances it may not be appropriate to carry out the spirometry test. Please read the list below and if you think any of this applies to you please check with the surgery prior to booking / attending your appointment as your spirometry test may need to be rescheduled.

1. A heart attack or stroke within the past 3 months
2. High blood pressure (above 160/95mmHg)
3. Recent central chest pain
4. Any surgery within the past 3 months, including eye or ear surgery
5. Coughing up any blood
6. Any aortic, thoracic or cerebral aneurysms
7. **If you have taken antibiotics or steroids in the past 6 weeks for a chest infection**

The spirometry test will take around 15 minutes to complete. You will then be asked to take some inhaler medication; wait 15 minutes for the medication to work effectively and then the test will be repeated. Therefore the whole procedure is likely to take approximately 45 minutes.