

Who are the Respiratory Team?



Nurse Murphy



Nurse Rafferty

Spirometry Testing

Useful Websites:

<https://www.nhs.uk/conditions/spirometry/>

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/tests/spirometry>

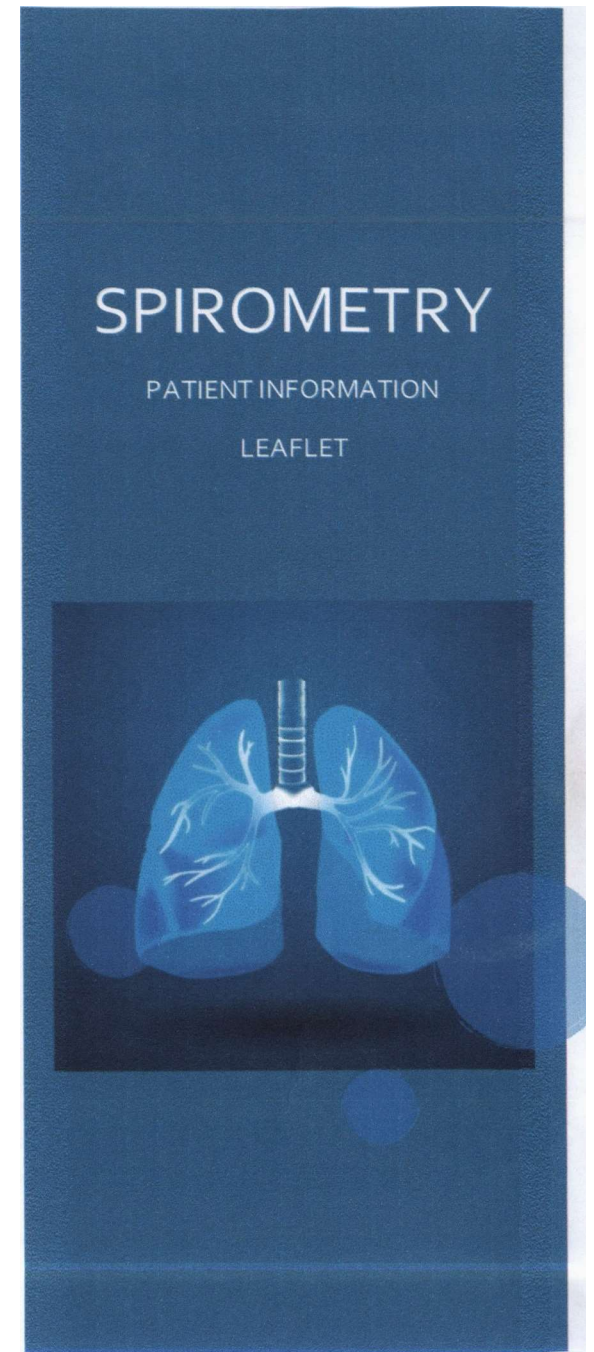
<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/what-is-a-lung-function-test>

Find us at

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Coleraine
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BT52 1JB

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<https://www.mountsandelsurgery.co.uk/>



Learn More

This leaflet will tell you what you need to know about your Spirometry (breathing test) appointment.

What is Spirometry?

Spirometry is a method of measuring how quickly you can get air in and out of your lungs. You will blow into a handheld device called a Spirometer and will be asked to take several relaxed blows to several forced blows until you reach your maximum effort. It is advisable that you bring a bottle of water and wear loose, unrestrictive clothing.

How do I prepare for a spirometry test?

- ✚ Bring a bottle of water or a drink
- ✚ Wear loose clothing
- ✚ Allow up to 1 hour for your appointment and arrive 10 minutes early.
- ✚ Do not perform any vigorous exercise 30 – 60 minutes before your test
- ✚ Avoid smoking/vaping at least 1 hour before your appointment, longer if you can
- ✚ It is advisable not to eat a large meal within 2 hours of the test
- ✚ Abstain from alcohol on the day of the test
- ✚ If you have started an antibiotic for a chest infection, please contact us as you may be unable to perform the test
- ✚ Empty your bladder prior to the test
- ✚ Bring your medication relating to your COPD/breathing condition only.

Why should I not have Spirometry?

- ✚ If you are on or have been on antibiotics for a chest infection with 8 weeks of your appointment
- ✚ Recent thoracic/abdominal/eye surgery
- ✚ History of Aneurysms – abdominal/thoracic/cerebral
- ✚ MI, stroke or embolism within the last 3 months
- ✚ Perforated eardrum
- ✚ If you have previously been advised by a healthcare professional not to have this test
- ✚ Certain cardiac condition's – **please advise us when booking appointment**
- ✚ If you have a history of fainting when having previous spirometry tests

Inhalers and other medications.

We ask that you not take inhalers on the day of your appointment, this will be explained next, however, please ensure to **take your normal medication** NOT related to your respiratory (breathing) condition.

On the day of your test if possible, try to avoid using your inhalers for the following duration. If you are short of breath and feel, you need to use them, that is ok, but inform the Nurse at your appointment.

- ✚ Reliever inhaler (usually blue) - Salamol (Salbutamol, Ventolin, Airomir), Bricanyl (Terbutaline) – try not to take within 4 hours of your test
- ✚ Preventer inhaler (steroid) – Trelegy, Onbrez, Anoro, Budesonide, Clenil, Fostair, Symbicort – you may have a long acting inhaler with a different name; this will usually be taken 1 – 2 times a day.

What will happen during my appointment?

Your respiratory nurse will need to take your height (without your shoes on), weight, blood pressure, oxygen levels and a pulse check, they will also complete a check list. This is to ensure your spirometry test is carried out safely.

The nurse will advise you on what to do during the test, so don't worry if you haven't done this before. As mentioned previously you will use the handheld spirometer, which will have a single use mouthpiece. You will also be asked to wear a nose clip when using the spirometer.

Please feel free to ask your Nurse any questions related to your condition or the test. As previously advised this test can last up to 1 hour.

Are there any side effects?

Spirometry is a straightforward test. However, some people may feel dizzy, faint or shaky afterwards. You may also feel tired or suffer nausea afterwards. These symptoms do not affect everyone and should not last too long.

When will I get the results?

Your test will be analysed by the Respiratory Nurse and this will be discussed with you at a further appointment. This can be arranged as a face-to-face appointment or if more convenient a telephone call.

PLEASE REMEMBER TO BRING YOUR INHALERS WITH YOU TO YOUR APPOINTMENT.