**The Quay Surgery**

**Patient Spirometry Testing Information Leaflet**

**What is a spirometry test?**

Your doctor/nurse has requested that you complete a spirometry test. This is a simple blowing test to see how your lungs are functioning.

The test measures how much air you can breathe out when you blow down a tube connected to a machine.

You will be asked to breathe in and out fully, with and without force.

The procedure is simple and takes approximately 15 minutes to complete.

**Continue** inhaled and oral steroids.

**What must I NOT do before the test?**

For **36 hours** before the test please do not:

* Take any long acting anticholingeric bronchodilators e.g. Spiriva

For **24 hours** before the test please do not:

* Smoke

For **8 hours** before the test please do not

* Take any long acting bronchodilator drugs e.g. Serevent

For **at least 4 hours** before the test please do not

* Take and short acting bronchodilator drugs e.g. ventolin, atrovet
* Drink any alcohol

**Also avoid eating a large meal before the test, as well as vigorous exercise and wearing tight clothing.**

**What happens after the test?**

The results will be assessed by the nurse and will be discussed with the doctor. You may be referred back to the doctor/nurse who initially sent you for the test.

**Contact details**

If you are in any doubt about any of these instructions please do not hesitate to call and speak with Sister Lynne Lake on: 01244 814272.

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