



THE ADAM PRACTICE

Pre Test Procedure – LUNG FUNCTION TEST (SPIROMETRY)

Your doctor or nurse has recommended that you have a Spirometry test performed. Please bring any inhalers and devices you are currently using to your appointment.

Prior to your Spirometry appointment we ask that you use your blue inhaler (salbutamol or terbutaline) half an hour before your appointment. Please inform the nurse of the time of taking any other inhalers or medication you have.

To improve the accuracy of the test please DO NOT:

- Smoke for 24 hours prior to the test
- Drink any alcohol for 4 hours before the test
- Eat a heavy meal for at least 2 hours prior to the test
- Do any vigorous exercise for 30 minutes prior to the test
- Wear tight clothing which would restrict your breathing

Please ensure you:

- Remove loose fitting dentures
- Remove chewing gum
- Ensure bladder is empty

Please inform the nurse at your appointment if you have had any of the following:

- Recent chest infection requiring antibiotics or steroids
- Heart attack in last 3 months
- Recent eye or other surgery
- Unstable angina
- Perforated ear drum
- Coughing up blood

If you have any questions about this procedure please call the surgery nurse for respiratory care.