

Spirometry Pre-test Instructions

Patients should be correctly prepared for their appointment and be provided with relevant instructions prior to their appointment. Compliance with these instructions should be confirmed prior to testing.

The patient will be advised to **avoid** the following:

- Smoking or vaping on the day of testing (or for at least 5 hours)
- Consuming alcohol for at least four hours prior to the test.
- Eating a substantial meal for at least 2 hours prior to the test.
- Vigorous exercise for at least 30 minutes prior to the test.
- Wearing tight clothing that may restrict full chest and abdominal expansion.

To refrain from using their bronchodilators for the washout interval as advised by clinician, unless specifically instructed to do so. If bronchodilators have been taken prior to testing, record drug and time administered relative to testing in the report comments.

CONTRAINDICATIONS

Some relative contraindications in secondary care may be absolute in primary care, depending on local protocols.

Recommended wait times before lung function testing

- Chest infection in the last 6 weeks including ABX treatment
- Eye surgery 2-6 weeks
- Unstable angina / angina attack, use of sublingual GTN (glyceryl trinitrate) prior to testing
- Recent MI - 7 days
- Pneumothorax - 3 weeks
- Brain surgery - 3-6 weeks
- Abdominal/ thoracic surgery - 4 weeks
- Vascular surgery - 4-6 weeks
- Nausea, vomiting, diarrhoea - clear for 48 hours
- Middle ear infection - 2 weeks once treated
- Pulmonary embolism untreated- Once treated with anticoagulants
- Haemoptysis of unknown origin – rebook for 2 weeks
- Stroke - once treated with anticoagulant

ABSOLUTE CONTRAINDICATIONS

In some instances, there may be a greater risk to the patient by performing spirometry or pose a risk to others. Therefore, it is recommended that spirometry is avoided where possible in the following conditions

- Active untreated TB
- Aneurysm aortic or cerebral >6 cm or bulging
- Untreated pulmonary embolism