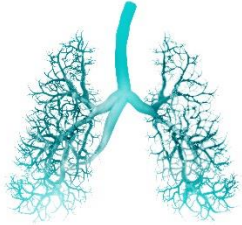


Your Lung Function (Spirometry) Test



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You have been asked to have a Lung Function Test (Spirometry). This leaflet is to give you information so you can be well prepared for the test to ensure that the most accurate results are obtained.

Spirometry is a test that can help diagnose various lung conditions, most commonly chronic obstructive pulmonary disease (COPD).

Spirometry is also used to monitor the severity of some other lung conditions for example asthma and their response to treatment.

Although spirometry is very useful for helping to diagnose some conditions and monitor their treatment, a normal spirometry test does not necessarily rule out some forms of lung disease as there can be periods when spirometry

tests can be normal even where a lung condition exists, such as asthma.

How is it done?

For the spirometry itself, you will be asked for your height and weight and then asked some questions about your general health to ensure it is safe for you to perform the procedure.

You will then need to breathe in fully and then seal your lips around the mouthpiece of the spirometer. You will be asked to pinch your nose for the duration of this part of the test to stop any air escaping out of your nose.

Then you will be asked to breathe out slowly as far as you can. This will be repeated twice more or as required.

The second part of the tests involves you blowing out as hard and fast for as long as you can until your lungs are completely empty. This can take several seconds. You will be asked to repeat this at least twice more depending on the results.

Your referring clinician may ask you to perform reversibility. This will be fully explained to you at your appointment.

You will be given four puffs of an inhaler through a disposable spacer. After 15 minutes rest in the waiting room, you will be called back and asked to repeat the spirometry test again.

The test requires maximum effort

Therefore, it is important that you are as fit and well as possible. Please inform staff prior to appointment if you have had any of the problems listed below in the past 2-3 months:

- Unstable angina
- Collapsed lung, Heart attack or stroke
- Operations e.g. hernia or eye surgery
- Abdominal surgery
- Ear infections/ear perforations

The test will not be reliable if you are being treated (on antibiotics) or recovering from a chest infection in the last six weeks. If this is the case, please postpone the test until six weeks post recovery.

Instructions to follow on the day of the test:

- **Do NOT** smoke, vape or have any alcohol that day
- Please wear loose fitting comfortable clothing
- **Do NOT** have a large meal within 2 hours of the appointment
- **Do NOT** exercise for 1 hour prior to the test

It is important that you note the timings below regarding taking your inhalers before the test:

Do NOT use BLUE SALBUTAMOL inhaler for 4 hours prior to your appointment

Please DO check with your surgery before your spirometry test regarding any other inhalers that you have been prescribed. You may be asked not to use them on the day of the test.

DO bring **ALL** your inhalers with you.

DO allow approximately 45 minutes for your appointment. If you have any queries regarding any

of the information prior to your appointment, please do not hesitate to contact your named practice.

FAQs

Do I still need to take all my regular medication?

Yes, take all your medication as usual and you will be advised by a clinician at your surgery if you need to stop any of your inhalers and for how long prior to your appointment.

Will I get the results at my appointment?

No, your results will be interpreted by a doctor or specialist clinician, and you will be contacted with the results.

DO NOT ATTEND IF: you have a respiratory infection, have tested positive for covid-19 in the last 10 days or where you have symptoms of covid-19 such as a new or worsening cough, a temperature of 37.8 or more or a new loss of taste or smell.

If the above applies, please contact your named practice and ask them to cancel your appointment. Your test will be rescheduled at a later date.

Tone Valley Primary Care Network (PCN) is a group of 5 practices who have committed to working together to improve services for patients. Working together in this way makes it easier for us to improve access to services.

We are committed to providing friendly, patient centred NHS primary care services. Our aim is to ensure that you have access to excellent medical advice delivered by our highly trained clinical team.

You will be treated as an individual with dignity, courtesy and respect at all times. Please treat our staff in the same way.

Please attend your appointment at

Taunton vale Healthcare
Liseux Way
Taunton
TA1 2LB
01823 259444