

SPIROMETRY

Spirometry measures lung capacity and how open or narrow your airways are. The test results assist in identifying disease and monitoring response to treatment. During the test you will be asked to take as big a breath as possible and to blow as long and as hard as possible into a mouth piece. Our staff will guide you throughout the testing.

Patient Preparation

Medication Withholding

If this is your first visit to The Lung Health Clinic, please avoid using:

- Ventolin, Asmol, Airomir, Bricanyl,: for **6 hours** prior to your appointment time.
- Atrovent for **12 hours** prior to your appointment time
- Seretide, Symbicort, Serevent, Oxis, Foradile, Flutiform, Bretairis Genuair:
For **18 hours** prior to your appointment time.
- Onbrez, Seebri, Spiriva, Ultibro, Breo Ellipta, Incruse, Anoro,Trelegy and Spiolto for **36 hours** prior to your appointment time.

Please continue to use all other inhalers(s)/puffers(s) and oral steroid medications as usual.

IMPORTANT: if you are unwell and experiencing symptoms, please use your usual rescue medication (eg. Ventolin, Asmol, Airomir, Bricanyl etc) and telephone The Lung Health Clinic to discuss.

If this is a follow-up visit to The Lung Health Clinic, please continue to take all your respiratory medications as usual unless you have specifically been requested to withhold.

Cigarette Smoking

If you are a cigarette smoker, please avoid smoking on the day of your test.

Strenuous Exercise

Please avoid vigorous or strenuous exercise on the day of your test.

Typical Test Times

Initial test: 30minutes

Subsequent Tests: 15minutes

Questions

If you have any questions, please do not hesitate to contact The Lung Health Clinic.