

Leckhampton Surgery

Patient leaflet for First Spirometry/lung function testing

What is Spirometry?

Spirometry is a way to measure respiratory (breathing) function. It provides us with a more sensitive and reproducible measurement than a peak flow meter. Spirometry is relatively quick and easy to perform and is primarily done for 3 reasons:

- To make a diagnosis of respiratory disease ie Asthma or chronic obstructive airways disease (COPD)
- To assess the progression and severity of the disease at all stages.
- To assess the response to therapy ie Inhalers or tablets

What will happen during the visit to the Respiratory Clinic?

During your visit you will be asked to give a short history of your chest symptoms starting as far back as you can remember. You will have a basic examination and will be asked to perform a series of breathing tests that involve blowing into a spirometer whilst sitting down. Depending on the results of the tests you may be given a medicine to try and open up your airways. The length of your appointment will vary according to the results of the initial tests. However, the first appointment usually lasts around 1 hour. Subsequent visits if required will be shorter.

Ideally prior to your appointment you should avoid the following:

- Smoking for 24 hours
- Consuming alcohol for at least 4 hours
- Vigorous exercise for at least 30 minutes
- Wearing clothing, which substantially restricts full chest and abdominal expansion
- Eating a substantial meal for at least 2 hours prior to test
- You should empty your bladder.
- Remove dentures if loose otherwise leave in place.

Please note that you should NOT take any inhalers or asthma / copd medicines for ----- hours before this test.

Reasons for delaying Spirometry

- Recent surgery in the last 3 months-in particular lung, eye or abdominal surgery.
- Perforated ear drum
- Current ear infection
- Aortic Aneurysm
- Unstable angina
- MI (heart attack) in last 3 months
- CVA (stroke) in last 3 months
- Unstable or untreated high blood pressure
- History of pneumothorax in last 3 months
- Pregnancy
- Clinically unstable-must be free from infection for 4-6 weeks.
- Coughing up blood
- Nausea and vomiting

Please inform the Surgery on _____ if any of the above applies or if you have any questions