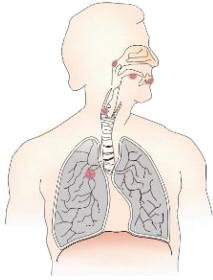


## Important Information Relating to Lung Function Testing



### What is a Spirometry?

A spirometry is test using a machine called a spirometer to measure the amount of air you blow out of your lungs. It helps see if there is something going on inside your lungs which may be affecting your breathing.

A spirometry test is usually used to diagnose or monitor a respiratory disease, like:

Asthma

COPD

Cystic Fibrosis

Pulmonary Fibrosis

Once the test is complete, it can then be decided if you need any treatment or not. If you already have respiratory disease, then you may have some changes made to your treatment.

### What happens during your appointment?

During your appointment, the nurse will check your:

- Weight
- Height
- Blood Pressure
- Some health and lifestyle questions; like if you smoke and how your breathing is when doing different activities.



You will be asked to take a deep breath to fill your lungs as much as you can, then blow into a tube as hard as you can.

The nurse will tell you when you can stop blowing.

You will need to do this at least 3 times.

Then, you may be asked to take your inhaler and wait.

This is to see if the inhaler opens your airways.

You will then be asked to take the test again to see if the inhalers have helped.

## Forest of Dean Primary Care Network

### **Before your test please:**

- Avoid **smoking** for **24 hours** before your test.
- Avoid drinking **alcohol** for **4 hours** before your test.
- Avoid **exercise** for **2 hours** before your test.
- Avoid a **large meal** for **2 hours** before your test.
- Do **not** take your inhalers on the day of your appointment.



Please bring your inhalers to your appointment. Your doctor should have given you one if you don't usually take them.

### **During your test:**

Some people may feel dizzy, sick, lightheaded, or tired for a short time after the test due to the force needed for the test. This increases pressure in your head, stomach, eyes, and chest, which means it may not be suitable for everyone.

Please check the list below carefully and tell your surgery as soon as possible if any of the following apply to you:

- Had surgery in the last 3 months
- Angina, Heart Attack or Stroke
- Ear infection or perforated ear drum in the last
- Covid-19 positive in the last 10 days
- A collapsed lung or coughing up blood
- Feeling unwell, being sick or feeling sick
- Aneurysm of any kind
- Tuberculosis (TB)
- High blood pressure
- Chest infection needing anti-biotics and/or steroids in the last 6 weeks
- Pregnant (third trimester)

**If you are unsure if you have any of these, please contact your practice who will be able to tell you.**

How to use your inhaler video –

<https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

Spiro video –

[Lung function animation funded by the Patients' Fund | Royal Brompton & Harefield Hospitals Charity \(rbhcharity.org\)](https://www.rbhcharity.org)

For more information on Spirometry testing, please visit the NHS website -

<https://www.nhs.uk/conditions/spirometry/>