



## Hope Family Medical Centre LUNG FUNCTION TEST (SPIROMETRY)

Your doctor or nurse has recommended that you have a spirometry test performed.

Please bring any inhalers you are currently using to your appointment.  
It will take between 20- 40 minutes to complete.

<b>4 - 6 hours before the appointment do not use:</b>	<b>Drug name</b>	<b>Brand name</b>
	Salbutamol	Ventolin, Salamol
	Ipratropium bromide	Atrovent
	Terbutaline	Bricanyl
<b>12 hours before the appointment do not use:</b>		
	Salmeterol and fluticasone	Seretide
	Formoterol and budesonide	Symbicort
	Salmeterol	Serevent, Ellipta
<b>24 hours before the appointment do not use:</b>		
	Theophylline	Uniphyllin, Nuelin
	Montelukast,	Singulair Accolate
	Tiotropium bromide	Spiriva, Spiolto

### To improve the accuracy of the test please DO NOT:

- Smoke for 24 hours prior to the test
- Drink any alcohol for 4 hours before the test
- Eat a heavy meal for at least 2 hours prior to the test
- Do any vigorous exercise for 30 minutes prior to the test
- Wear tight clothing which would restrict your breathing

### Please ensure you:

- Remove loose fitting dentures
- Remove chewing gum
- Ensure bladder is empty

### Please inform the surgery as your appointment will NEED to be rebooked if:

- Recent chest infection requiring antibiotics or steroids (within 6 weeks)
- Recent eye or other surgery
- Perforated ear drum
- Coughing up blood