Getting ready for spirometry

✓ **Bring** any medicines you are using with you, including inhalers (and any spacer device)

✓ **Wear** loose comfortable clothing to the test so that you can take a deep breath

Before your test

24 hours before

✗ Stop taking long acting once daily inhalers **24 hours before** the test

Inhaler name.....

12 hours before

✗ Stop taking long acting twice daily inhalers **12 hours** before the test

Inhaler name.....

6–8 hours before

✗ Stop taking short acting reliever inhalers **6 to 8 hours before** the test, unless you need to use them. If you do, you may need to change your appointment

Inhaler name.....

4 hours before

✗ Do not drink alcohol for at least **4 hours before** the test

1–2 hours before

✗ Do not eat a large meal within the **2 hours before** the test. Fluids (other than alcohol) may be taken

✗ Do not smoke for at least **1 hour before** the test

30 minutes before

✗ No heavy exercise for at least **30 minutes before** the test

Just before

✓ **Go to the toilet** right before the test

Spirometry test

Use your MedicinesList+ app to remind you when to stop taking your inhalers. It will also provide a handy list of all your medicines for any future medical appointments.

Spirometry — what to expect

What is spirometry testing and why do I need it?

Spirometry is a test of how well your lungs work. The test is carried out using a machine called a spirometer.

Spirometry is needed to diagnose and assess your lung condition so you can be given the right treatment.

Your doctor can also use the test results to find out how severe your lung condition is and help set your treatment goals.

What happens in a spirometry test?

For this test, you blow air into a mouthpiece attached to a small machine (spirometer). The machine measures how much air you blow out and how fast you can blow it in one go. You will be asked to do this multiple times to check that the readings are similar each time you blow into the machine.

A spirometry appointment usually takes approximately 20–30 minutes. It is not difficult or painful but requires some effort.

After the test

You can return to your normal activities. Some people find it hard to do the test, so you may feel tired afterwards.

Your doctor or nurse will discuss the results of your tests afterwards or at a future appointment.

Is there any risk in having spirometry?

Spirometry is a very low risk test.

You may feel dizzy during the test or shortly afterward.

Your doctor may ask you to delay having your test if you have been sick, such as a recent chest infection.

For more information

If you would like to find out more about spirometry, contact:

Lung Foundation Australia
Information and Patient Support 1800 654 301
www.lungfoundation.com.au

Asthma Australia 1800 ASTHMA Helpline (1800 278 462) www.asthmaaustralia.org.au

National Asthma Council 03 9929 4333
www.nationalasthma.org.au

NPS MedicineWise Medicines Line
1300 MEDICINE (1300 633 424)
www.nps.org.au

Your appointment

Date _____

Time _____

Location _____

_____

_____

nps.org.au
Level 7/418A Elizabeth Street Surry Hills NSW 2010
PO Box 1147 Strawberry Hills NSW 2012
02 8217 8700 02 9211 7578 info@nps.org.au

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ABN 61 082 034 393
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