

In the 8 hours prior to your appointment please, **if possible**, DO NOT use any of the following inhalers containing:

- Vilanterol
- Formoterol
- Indacaterol
- Salmeterol
- Olodaterol

In the 36 hours prior to your appointment, please, **if possible**, DO NOT use any of the following inhalers containing:

- Tiotropium
- Glycopyrronium
- Acclidinium
- Umeclidinium

Before the test **CONTINUE** inhaled and oral steroids:

- Beclomethasone
- Budesonide
- Fluticasone
- Mometasone

If you have needed to use your inhalers within this timeframe, please inform the practitioner performing the test.

A member of the Community Respiratory Team will telephone you prior to your appointment to confirm preparations for your breathing test.

For further information please contact:

For further information please contact the Community Respiratory Service

Durham Dales/Sedgefield/Easington

01388 455 450

cddft.ddes-respiratory-referrals@nhs.net

North Durham/Derwentside

0191 387 6398

cd-da-tr.CRN4DDCLS@nhs.net

All leaflets are available in other languages and Braille if requested.

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Date of Next Review: February 2025
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Community Respiratory Service

Information for Patients

Spirometry



What is Spirometry?

Spirometry is a breathing test which measures the speed and amount of air you can breathe out. You will be asked to take a deep breath in and then blow out into a mouthpiece connected to a spirometer, until your lungs are completely empty. This routine will be repeated to ensure the results are consistent.

Spirometer



Reversibility Testing

You may be asked to do a reversibility test. This involves performing spirometry then inhaling medication through a spacer device, **you must bring your blue inhaler and Volumatic to clinic.** This medication is used to open up your airways to their best possible. You will be asked to wait 15—20 minutes then repeat the test. This will help us to make a diagnosis.

Inhaler and Volumatic



Will I Feel Any Pain or Discomfort?

The test is not painful but can be a little uncomfortable. Some people experience light headedness. You will be encouraged to do as much as you can and given time to recover between tests.

How Long Will the Test Take?

The test will take approximately 45 minutes. Some of this time may involve waiting while any medication we give you takes effect.

Please attend no more than 5 minutes prior to your appointment, attend alone if possible, face mask can be worn. Do not attend if new continuous cough, temperature above 37.8 or loss of taste/smell.

Is The Test Suitable For Me?

The test requires maximum effort, so it is important to make sure it is suitable for you. You will not be able to perform the test if you have:

- Any chest, abdominal or brain aneurysms
- A current chest infection
- Coughed up blood recently and the cause is not known
- A collapsed lung
- Had a heart attack within the last 6 weeks
- Uncontrolled angina
- Had eye, chest or abdominal surgery in the last 6 weeks
- Post COVID 12 weeks after last day of isolation.

Test Preparation

Before the test you should not:

- Have smoked for 24 hours.
- Eat a large meal within 2 hours.
- Drink alcohol within 4 hours
- Have had vigorous exercise within 30 minutes.
- Wear restrictive clothing.

For your comfort, please empty your bladder before the test.

If you are already taking regular inhalers or medication for your breathing, please bring them to your appointment. In the 4 hours prior to your appointment, please, **if possible**, DO NOT use any of the following inhalers or nebulas containing:

- Salbutamol
- Terbutaline

12 hours prior to your appointment please, **if possible**, DO NOT use any of the following inhaler/nebulas containing:

- Ipratropium