

Just in case you are thinking, what is Spirometry?

Spirometry is a simple **test** used to help diagnose and monitor certain lung conditions by measuring how much air you can breathe out in one forced breath. It's carried out using a device called a **spirometer**, which is a small machine attached to a mouthpiece. The procedure will take up to 40 minutes. You will be required to breathe out as hard as you can.

Reversibility

This **test** is used to find out how well your lungs are working. The **test** is carried out using a machine called a spirometer which measures how well your lungs work. Reversibility testing involves performing spirometry before and after you have taken medication (inhalers) and it is sometimes done to investigate diagnosis asthma, or when a diagnosis is not clear.

Can I take my medication?

If you have never had a spirometry test before and it is being performed to diagnose a lung condition then you are required to stop your inhalers prior to the test, minimum of 4-6 hours.

Preparation before test!!

DO

- Ensure you are not ill. (most importantly)
- Wear loose and comfortable clothing that does not restrict or interfere with your breathing

DON'T

- Do not have a heavy meal just before coming for appointment. At least 2 hours before.
- **Do Not** smoke prior to test.
- **Remember, if your doctor is trying to diagnose you, it is important NOT to take your inhalers prior to test.**

Important information

- Recent chest infection requiring antibiotics or steroids (4-6 weeks)
- Heart attack in the last 3 months
- Recent eye or abdominal surgery
- Unstable angina
- Perforated ear drum or ear infection
- Coughing up blood
- Thoracic, abdominal or aortic aneurysm
- Recent CVA/ Stroke
- Currently experiencing pain
- Possibility of being pregnant

**If you have none of the above,
Go ahead book your appointment!!**

