



Spirometry Appointment Information

You will shortly be attending the practice for a Spirometry test. Please ensure you have read through the information below ahead of attending your appointment.

1. If you have had covid in the last 30 days or have covid symptoms, please contact the surgery to rearrange your appointments.
2. Bring all inhalers, spacers, and peak flow meters to your appointment if you have them.
3. Please **DO NOT**:
 - a. Wear tight clothing as this will constrict your lungs
 - b. Smoke in the 24 hours leading up to your appointment.
 - c. Consume alcohol for a minimum of 4 hours before your appointment.
 - d. Do any form of vigorous exercise 30 minutes before your appointment.
 - e. Have a heavy meal up to 2 hours prior to your appointment.
4. Please stop using the following medications ahead of your appointment:
 - a. 4 to 6 hours before you should stop using the following:
 - i. Salbutamol (Also known as Ventolin or Salamol),
 - ii. Terbutaline (Also known as Bricanyl)
 - iii. Ipratropium Bromide (Also known as Atrovent).
 - b. 12 hours before you should stop using the following:
 - i. Salmeterol (Also known as Serevent),
 - ii. Formoterol Fumerate (Also known as Oxis),
 - iii. Formoterol and Budesonide (Also known as Symbicort, DuoResp Spriomax or Fobumix),
 - iv. Formoterol and Beclomethasone (Also known Fostair),
 - v. Salmeterol and Fluticasone (Also known as Seretide, Sirdupla or AirFluSal),
 - vi. Formoterol and Fluticasone (Also known as Flutiform) Trimbow.
 - c. 24 hours before you should stop using the following:
 - i. Tiotropium (Also known as Spiriva or Braltus), Enerzair Inhaler,
 - ii. Relvar Ellipta Montelukast (Also known as Singulair),
 - iii. Zafirkulast (Also known as Accolate)
 - iv. Theophylline (Also known as Uniphyllin or Slophyllin)