

## Spirometry and Covid

If you, or someone that you live with have either suspected or confirmed Covid-19, please **do not** attend for your appointment.

Please contact the department and arrangements can be made for another appointment.

### Do's and Don't's

#### Do



- Do empty your bladder before you attend for the test
- Do wear loose comfortable clothing
- Do remove any loose fitted dentures.

#### Don't



- Do not arrive early for the test
- Do not eat anything 1 hour before the test
- Do not drink 1 hour before the test
- Do not smoke for 24 hours before the test
- Do not drink any alcohol for 24 hours before the test
- Do not take any vigorous exercise 1 hour before the test
- **Do Not** take your respiratory medication or inhalers on the day of testing

#### Please bring your inhalers with you

- Please do not eat any of the following vegetables **12 hours** prior to the test

Rocket	Spinach	Lettuce	Radish	Beetroot
Cabbage	Turnips	Green Beans	Leek	Spring Onion
Cucumber	Carrots	Potato	Garlic	Sweet Pepper
Green Pepper				

Please read carefully and inform us prior to attending if you have had any of the following:

- Heart attack within the last 3 months
- Glaucoma or Eye Surgery in the last 3 months
- Pneumothorax/collapsed lung within the last 3 months
- Recent episodes of Angina
- Fast or irregular heartbeat.
- Abdomen or chest surgery within last 3 months
- CVA or stroke or TIA (mini stroke) - within the last 3 months
- PE within last 3 months
- Coughing up any blood
- Previous reaction adverse effect from salbutamol or any inhaled medication.
- Possibility of being pregnant

Please inform the nurse on the day of the test:

- If you feel unwell at any time
- Have any chest pain on the day of the test.

**Please cancel your appointment on the number below:**

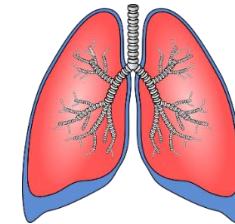
- If you have tested positive for Covid 2 weeks prior to your appointment
- If you are suffering ANY symptoms of Covid (high temperature, NEW dry cough or loss of taste/smell)
- If you have a chest infection
- If you have sickness or diarrhoea at any point within 2 days BEFORE the test.
- Have had antibiotics for your chest within the last 6 weeks
- Feel unwell on the day of the test.

**If you have any questions or concerns about the test please do not hesitate to contact us.**



## SPIROMETRY TESTING

### Clinic



**An information leaflet for patients and their carers**

This leaflet has been designed for you to be well prepared for your test.

**If you have any questions, please ring the department on:**

**01874 712457**

**07500 910413**

**What is Spirometry?**

Spirometry is a test that is used to accurately measure the amount of air you can breathe in and out of your lungs and also how fast you can do this.

During the procedure you will be asked to blow into a machine that will measure this.

It is a painless procedure, but you need to blow as hard as you can, which can make you breathless and can be a little tiring.

You will be able to rest in-between the tests in order to get your breath back.

### **Why do I need spirometry?**

Your healthcare professional may have arranged this appointment because you have noticed you have been more breathless recently and the results may help diagnose or monitor any lung condition you may have.

### **Can I take my medication?**

Spirometry is being performed to diagnose a lung condition so please **do not** take your respiratory medication/inhalers on the day of the test, but please bring them with you to the appointment. They might be given to you as part of the test.

## **How long will the test take?**

The test can take **up to 45 minutes** to complete.

## **How do I get my results?**

A copy of the results will be sent to the person, usually your GP, that requested the test. A written report will be sent to the person that sent you to the clinic for the test. This may take up to 2 weeks from the date of testing.

Please do not call the respiratory team to check your results as these are only available from the report sent to your GP.

**If you have any questions or concerns about the test please do not hesitate to contact us.**

## **What will I have to do?**

- You will be asked to wear a nose clip to prevent air escaping for some of the test – this is not painful
- You will be asked to take a deep breath in until you have filled your lungs with air and cannot take in any more
- Place the mouth piece into your mouth and make a tight seal around it with your teeth and lips. This is to stop any air leaking out around the edges
- Blow out into the spirometer until you have completely emptied your lungs of air.
- Firstly, you will be asked to do this in a relaxed way by slowly breathing out until your lungs are completely empty.
- Secondly you will be asked to blow out into the spirometer as hard and as fast as you can again until your lungs are completely empty. Please put as much effort into this as you can

- Whichever test you are doing you will be asked to repeat this at least 3 times. You will be given time to rest in-between
- You will also be shown how to perform the test before you start and you will be encouraged to keep blowing until your lungs are empty during the test.