



*Better
Together*

Patient information

Spirometry Test

Medical Directorate - Cardio Respiratory
Department

Royal Liverpool Hospital and Broadgreen Hospital PIF 803/V3

Your Consultant / Doctor has advised you to have a spirometry test.

What is spirometry?

This is a simple breathing test, which measures how much air you can blow out from your lungs.

What are the benefits of having a spirometry test?

This test will give us information about how your lungs and any symptoms of breathlessness you may be having.

What are the risks of having a spirometry test?

This is a very safe test. If you have had a heart attack, a stroke or surgery in the past, please tell the staff before your test.

Are there any alternative investigations available?

There are no investigations available that obtain this information with such a simple non-invasive test.

What will happen if I decide not to have investigation?

Your level of service will not be affected if you decide not to have the test. However, your doctor/consultant will not be able to obtain the necessary information that would have been gathered from performing the test.

If you are worried about any of these risks, please speak to your Consultant or a member of their team.

Getting ready for your spirometry test

Before test

- Do not drink alcohol on the day of the test.
- Avoid vigorous exercise for 30 minutes before the test.
- Do not eat a large meal for two hours before the test.

If you are taking any bronchodilators (inhalers) for your breathing you will need to stop taking them before your test **if you feel able to do so.**

Stopping times are:

- Four hours for Ventolin/Salbutamol or Terbuterline

Not all inhalers need to be stopped only the inhalers stated above.

The day of your spirometry test

If you feel you cannot stop your inhalers, **still attend your appointment.** If you have any queries or worries about stopping your inhalers please contact the Cardio Respiratory Department before your tests.

You will be asked to breathe into a machine as hard and as fast as possible through a mouthpiece. The test should take no longer than 15 minutes. In addition you may also be tested to see if you have a response to an inhaler (such as Ventolin), this could take a further 45 minutes depending on which inhalers your consultant has asked for you to be tested with.

Going Home

The staff will monitor you until you have recovered. You will then be allowed to leave the unit.

Returning to work

You can return to work straight after your assessment unless the doctor/ consultant tells you otherwise on the day of your test.

Further Appointments

There will be no further appointments for this test. However, your results will be discussed at your next clinic appointment.

Further Information

Simon Noble

Senior Chief Clinical Physiologist

Tel: 0151 706 2710

Text phone number: 18001 0151 706 2710

Author: Cardiology Directorate

Review Date: August 2017

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پښونډیدار بهو نه‌مخوشانه‌ی له‌لایمن تراسته‌وه پامسند کراون، نهمگه داوا بکړیت له فورمه‌کاتی تردا بریتي له زمانه‌کاتی تر، نیزی رید (هاسان خوینندنه‌وه)، چاپی گاموره، شریتی دهنګ، هیلې موون و نمیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.