Dedicated to Outstanding care

Sherwood Forest Hospitals
NHS Foundation Trust

INFORMATION FOR PATIENTS

Spirometry with reversibility to inhalers

Your doctor has requested that we perform a test on your breathing to help guide your medical treatment.

What is a spirometry test?
Spirometry measures how well your lungs are working. Doctors commonly request this test to:

- See if you have any lung disease.
- To measure the severity of lung disease.
- To see if medication will make your breathing better.
- To test your lung function before an operation.

The procedure
You will be asked to blow out into a machine through a disposable mouthpiece. You will be asked to breathe in deeply and then to blow out as quickly and as long as possible.

Your nose will be sealed using a nose clip and you will be seated during the test.

This test will be performed a minimum of three times and you will be given a rest between each attempt.

The test may then be repeated after we have given you some respiratory medication, to see if this helps your breathing.

The doctor may also wish us to take a small sample of blood from your earlobe to measure your oxygen levels.

Please bring with you a list of your current medications.

Before the test
Before attending for your spirometry test, please:

- Do not do any vigorous exercise for 30 minutes.
- Do not wear any tight clothing that may restrict your breathing.
- Do not smoke for at least 1 hour.
- Avoid eating a heavy meal or drinks containing caffeine for 2 hours.
- Do not drink any alcohol for 4 hours.

If you use inhalers, nebulisers or take tablets for your breathing, **please try not to take the following:**

24 hours before tests:

- Spiriva/Braltus
- Incruse Ellipta
- Spiolto Respimat
- Trimbow
- Anoro
- Trelegy
- Relvar
- Stiverdi.

12 hours before tests:

- Symbicort/DuoResp Spiromax
- Fostair
- Flutiform
- Seretide/Sirdupla
- Eklira / Aclidinum Bromide
- Clenil
- Qvar
- Oxis.
- Duaklir Genuair.

4 hours before tests:

- Salbutamol (blue one)
- Bricanyl (blue one)
- Atrovent (grey one).

12 hours before tests:

- Ventolin Tablets
- Uniphyllin
- Neulin
- Phyllocontin
- Slo-phyllin
- Aminophylline.

If you feel you are too breathless without any of these then you must take them.

If you are taking any inhaled medications or allergy medications that are not listed above, please contact the department as soon as possible in order to discuss whether they need to be stopped.

Please continue to take all other prescribed medication as normal.

Please contact the department if you have experienced any of the following:

- Current or recent chest infection (within the last 2 weeks).
- Recent eye, stomach or chest surgery.
- A heart attack within the last month.
- Have attended Accident & Emergency in the last 2 to 3 days.
- Chest pain on the day of your test.

Please allow 90 minutes for this appointment.

Results
The results will go to your doctor who will explain them to you at your next clinic visit.

Please note that you may not be given the results on the day of your test.

What if I need hospital transport?
You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556

Contact details
Respiratory Department: 01623 672259

Kings Mill Hospital
Mansfield Road
Sutton in Ashfield
Notts
NG17 4JL

Newark Hospital
Boundary Road
Newark
Notts
NG24 4DE

Further sources of information
NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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