

Spirometry Appointment Information

You have been asked to attend the surgery for lung function tests (spirometry). These tests help your nurse/doctor to diagnose your respiratory condition(s). The tests may take up to 1 hour depending on the type of testing required.

What to expect

You will be asked to blow three times into a tube connect to a machine, which will record your lung function. You will be asked to breath in to fill your lungs with air then blow as hard and as long as you can to get the best results.

To obtain the best possible results from your test please follow the instructions below prior to your appointment.

- If you have had any surgical procedure/operation in the last 6 weeks this test should be delayed.
- If you have had a chest infection in the last 6 weeks this test should be delayed.
- Ask your doctor/nurse if you have any questions by contacting the surgery.

Prior to your appointment

Do not take your inhalers on the day of the test.

If you have them, please bring your inhalers and spacer to the appointment.

Please perform a Lateral Flow Test for COVID-19 on the day of your appointment. You can order your test online <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

Only attend appointment if the result is **negative**. If positive, please contact reception to cancel your appointment. The respiratory nurse will be in touch to rebook your appointment.

Please do not attend the appointment if you are currently experiencing any COVID-19 symptoms

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.
- **Delta Variant:** Please be aware that the delta variant may cause different symptoms.

If you have any symptoms of headache, runny nose or other cold/hayfever type symptoms please contact the surgery to discuss prior to attending your appointment, **do not attend without prior discussion with a clinician**.

Avoid:

- Smoking for at least 24hours before the test
- Eating a large meal before the test
- Vigorous exercise before the test
- Wearing tight clothing