

If you need any further advice or information about your medication please contact your GP or the Respiratory Nurse Specialists within the hospital.

If required, they can discuss any queries you may have with your hospital consultant.

Respiratory Nurse Specialists: 0151 290 4236

Community COPD Nurse Specialists: 0151 430 1553

Spirometry Screening Booklet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

What is spirometry?

Spirometry is a routine breathing test that is easy to perform.

The test is used to see how your lungs are performing.

On the day of the test you will be supported and coached by a qualified technician in how to perform the test.

You will be required to have your height and weight measured as part of the assessment.

You will be required to blow several times into a machine called a spirometer.

The test is performed sitting upright in a chair with legs uncrossed.

The test may show if you have a lung problems and can also assist in whether your medication is right for you.

As part of the test you will be asked some general questions about your health and a healthcare professional will review your medication.

For further information

Please speak to your GP or referring healthcare professional.

Further advice may be obtained from:

Asthma and Lung UK helpline

Tel: 0300 222 5800

Email: helpline@asthmaandlung.org.uk

Alternatively you can write to them at:

Asthma + Lung UK,
The White Chapel Building,
10 Whitechapel High Street,
London. E1 8QS

Medication on the day of the test

Your spirometry test is required to be performed post bronchodilator, this means after you have taken your blue inhaled therapy.

Please bring all your inhalers with you including a blue inhaler and a Volumatic spacer (if you have one) and continue all other inhalers prior to the test.

If you have any concerns regarding this test, please speak to your healthcare professional or ring:

Spirometry service on 0151 430 1553

How long does the test take?

The breathing test should take no longer than 20 minutes, however you should expect to be in clinic for an hour to include your medication review and a discussion about your current symptoms.

During the test:

We will ask you to take the biggest breath in, that you can, and then measure you breathing as you blow out for as long as you are able to.

There are two types of blows measured:

Slow vital capacity

This is a slow breathing test that measure how much air your lungs can hold. This is measured with a nose clip on your nose to prevent air leaking from your nose during the test.

We need to perform a minimum of three of these blows to ensure the test is consistent and accurate.

Forced vital capacity

This measures how much air your lungs can hold and also how quickly you can blow out.

We need to perform a minimum of three of these blows and no more than eight blows to ensure the test is consistent and accurate.

On the day of your test

Pre test instructions:

Do not wear tight clothing for your appointment as this will restrict your lungs. For example, wear loose fitting trousers.

Do not smoke for at least 1 hour before your appointment.

Do not take vigorous exercise, 30 minutes before your appointment.

It is not advised to have a heavy meal up to 2 hours prior to your appointment.

Please do not consume alcohol for a minimum of 4 hours prior to your appointment.

Please try to go the bathroom before the test as it is difficult to perform the test with a full bladder.

Please continue all inhaled medication as we require you to have post bronchodilator spirometry, this means spirometry after you have had your blue inhaler.

Contraindications to Spirometry

Any contraindication to performing spirometry will be discussed with you prior to attending your appointment. If you have any concerns regarding the test, please speak to your healthcare professional. Please alert them to any of the following contraindication listed on the next two pages. Please ring 0151 430 1553 prior to your appointment if you need to discuss anything.

Absolute contraindications

Active infection e.g. Tuberculosis.

Conditions which may cause serious complications if aggravated by volitional expiration, for example:

- Dissecting/unstable aortic aneurysm.
- Current or recent pneumothorax (collapsed lung).
- Recent surgery including thoracic, neurological, abdominal or ophthalmic surgery in the last 4 weeks.

Relative Contraindications

- Suspected respiratory infections (within the last 4-6 weeks).
- If the patient is too unwell to perform the manoeuvre it can be postponed.
- Communication problems such as learning disability or confusion.
- Current ear infections.

Any condition that may be aggravated by volitional maneuvers, for example:

- Unstable cardiovascular disease (angina).
- Recent MI (Heart attack, within 4 weeks).
- Uncontrolled high or low blood pressure.
- Pulmonary embolism (can perform if on anticoagulation).
- History of hemorrhage, including stroke.