

WHAT IS SPIROMETRY?

- Spirometry measures how well your lungs are working
- Healthcare providers commonly request the test to:
 - Diagnose lung disease
 - Measure the severity of lung disease
 - Evaluate medication to make your breathing easier

THE PROCEDURE

- The entire procedure is approximately 45 minutes long
- A clip will be put onto your nose to make sure that no air escapes
- Seal your lips around the mouthpiece of the spirometer
- Take a deep breath in and then blow out as **FAST** and for as **LONG** as you can until your lungs are completely **EMPTY**
- You will do this a minimum of 3 times with a rest in between to a max of 8 times for the entire procedure
- Inhaler technique instructions will be given to you
- Medication will be delivered through an inhaler
- The spirometry test will be repeated as above to evaluate the effectiveness of the breathing medication

MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROFESSIONAL BY ASKING THESE 3 QUESTIONS:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions

Specific medical concerns should be directly handled by a qualified healthcare professional

CONTACT THE FORT FRANCES FAMILY HEALTH TEAM FOR MORE INFORMATION ON OUR SPIROMETRY SERVICE

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www.ffht.ca

Fort Frances
Family Health Team
of the Fort Frances Community Clinic



SPIROMETRY

PRIOR TO SPIROMETRY

- Do not perform any vigorous exercise for 30 minutes
- Do not wear any tight clothing that may restrict your breathing
- Do not smoke for at least one hour before the test
- Do not eat a heavy meal for 2 hours before the test
- Do not drink alcohol within 4 hours of your test

Inhalers to hold for 4 hours before your test

- Salbutamol (Ventolin, Airomir, Ration-Salbutamol, Apo-Salvent)
- Ipratropium bromide (Atrovent)
- Terbutaline (Bricanyl)
- Ipratropium bromide/salbutamol sulphate (Combivent)

Inhalers to hold for 12 hours before your test

- Serevent (Salmeterol)
- Oxeze (Formoterol)
- Advair (Salmeterol/Fluticasone)
- Symbicort (Budesonide/Formoterol)
- Theo-Dur (theophylline)
- Tudorza (Acidinium bromide)

Inhalers to hold for 24 hours before your test

- Spiriva (Tiotropium)
- Singular (Montelukast Sodium)
- Breo (Fluticasone furoate/vilanterol trifrenatate)

DO NOT STOP THE FOLLOWING MEDICATIONS

- **Inhaled Corticosteroids**
 - Flovent, Pulmicort, Alvesco (Ciclesonide),
 - Qvar (Beclomethasone)
- **Oral Corticosteroids**
 - Prednisone

YOUR SPIROMETRY TEST NEEDS TO BE POSTPONED IF YOU HAVE HAD ANY OF THE FOLLOWING:

- Recent heart attack
- Recent stroke
- Recent eye surgery
- Recent abdominal or chest surgery
- Aneurysm
- Recent collapsed lung
- Uncontrolled High Blood Pressure

