

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 may 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

807-274-3287 ext. 1

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/vape 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 8 hours of your test

Inhalers to hold for 4 hours before your test

- Salbutamol (Ventolin, Airomir, Ration-Salbutamol, Apo-Salvent)
- Terbutaline (Bricanyl)

Inhalers to hold for 12 hours before your test

- Ipratropium bromide/salbutamol sulphate (Combivent)
- Ipratropium bromide (Atrovent)

Inhalers to hold for 24 hours before your test

- **Serevent** (Salmeterol)
- **Oxeze** (Formoterol)
- **Advair** (Salmeterol/Fluticasone)
- **Symbicort** (Budesonide/Formoterol)
- **Theo-Dur** (theophylline)
- **Tudorza** (Acidinium bromide)
- **Foradil** (formoterol fumarate)
- **Duaklir** (aclidinium bromide/formoterol fumarate dehydrate)
- **Zenhale** (mometasone furoate/formoterol fumarate)

Inhalers to hold for 36 hours before your test

- **Spiriva** (Tiotropium)
- **Singular** (Montelukast Sodium)
- **Breo** (Fluticasone furoate/vilanterol trifenate)
- **Incruse** (umeclidinium bromide)
- **Seebri** (glycopyrronium bromide)
- **Onbrez** (indacaterol maleate)
- **Striverdi** (olodaterol hydrochloride)
- **Anoro** (umeclidinium bromide/vilanterol trifenate)
- **Inspiolto** (tiotropium bromide monohydrate/olodaterol hydrochloride)
- **Ultibro** (glycopyrronium bromide/indacaterol maleate)
- **Trelegy** (fluticasone-umeclidinium vilanter)

DO NOT STOP THE FOLLOWING MEDICATIONS

- **Inhaled Corticosteroids**
 - **Flovent** (fluticasone)
 - **Pulmicort** (budesonide)
 - **Alvesco** (Ciclesonide),
 - **Qvar** (Beclomethasone)
 - **Arnuity** (fluticasone furoate)
 - **Asmanex** (mometasone furoate)
- **Oral Corticosteroids**
 - Prednisone

YOUR SPIROMETRY TEST MAY NEED 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

**PLEASE CALL IF YOU HAVE ANY QUESTIONS REGARDING MEDICATIONS OR THE ABOVE RISK FACTORS
274-3287 ext. 1**

