

## Praze Surgery

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# Getting ready for Spirometry



✓ **Bring** any medicines you are using with you, including inhalers (and any spacer device)



✓ **Wear** loose comfortable clothing to the test so that you can take a deep breath

## BEFORE YOUR TEST

	<b>24 hours before</b>	<b>✗</b> Stop taking long acting once daily inhalers <b>24 hours before</b> the test
	<b>12 hours before</b>	<b>✗</b> Stop taking long acting twice daily inhalers <b>12 hours before</b> the test
	<b>6-8 hours before</b>	<b>✗</b> Stop taking short acting reliever inhalers <b>6 to 8 hours before</b> the test, unless you need to use them. If you do, you may need to change your appointment
	<b>4 hours before</b>	<b>✗</b> Do not drink alcohol for at least <b>4 hours before</b> the test
	<b>1-2 hours before</b>	<b>✗</b> Do not eat a large meal within the <b>2 hours before</b> the test. Fluids (other than alcohol) may be taken <b>✗</b> Do not smoke for at least <b>1 hour before</b> the test
	<b>30 minutes before</b>	<b>✗</b> No heavy exercise for at least <b>30 minutes before</b> the test
	<b>Just before</b>	<b>✓</b> <b>Go to the toilet</b> right before the test

**Spirometry test**