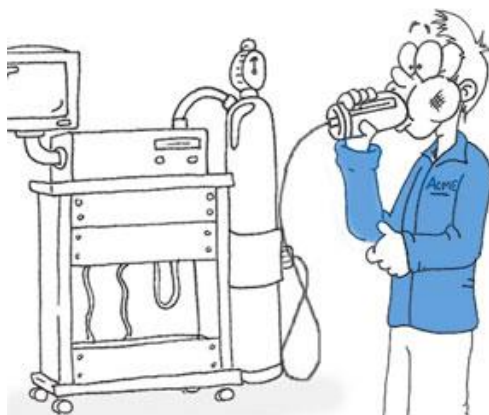


SPIROMETRY TEST INFORMATION



Spirometry is a painless test that involves blowing into a spirometry machine to measure your lung capacity. This can help with diagnosis of a lung disease.

PLEASE AVOID THE FOLLOWING –

- Smoking for at least 2 hours before the test
- Vigorous exercise 30 minutes before the test
- Using your blue (Ventolin) inhaler 4 hours before the test (unless absolutely necessary)
- Do not take your usual morning inhalers before the test
- Drinking alcohol 4 hours before the test
- Wearing tight or restrictive clothing

THE SPIROMETRY TEST CANNOT BE CARRIED OUT IF

- You have had a course of steroids or antibiotics for a chest problem in the last 6 weeks
- Current chest infection or wheeze
- Stroke or heart attack in last 3 months
- You have a perforation of the eardrum
- Coughing up blood
- Please inform us if you have had surgery in the last 3 months or are waiting for any surgery

PLEASE BRING YOUR BLUE (VENTOLIN) INHALER WITH YOU

If you are worried or have any questions please do not hesitate to contact the surgery