



SPIROMETRY PRE APPT INFORMATION

In preparation for your Spirometry (lung function test), please be aware of the instructions to prepare for the test

Spirometry



What is Spirometry?

Spirometry is a lung test to see if there are limitations to your lung function. The test checks to see how much and how fast you can get air in out of your lungs.

Spirometry is used to:

- Check for lung problems like asthma, COPD (chronic obstructive pulmonary disease), or other breathing issues.
- See how well your lungs are working over time.
- Help decide if treatments are working.

How is it performed?

- You sit down and place the measuring device in your mouth
- You take a deep breath in.
- Then, you blow out as hard and fast as you can into a mouthpiece connected to a machine.
- You will need to do this a few times to get the best result.

HOW TO PREPARE



Wear loose fitting clothing



No Smoking within 1 hour



Avoid vigorous exercise within 1 hour



Avoid alcohol and other intoxicants within 8 hours



Puffers

If you use puffers you may need to stop using them for 12-36 hours before your test. Please discuss with the nurse which puffers you regularly take and when you need to stop using them

Call us for appointments 03 5751 1138

