

Spirometry

Your doctor has requested that you book in for spirometry. Spirometry is a common test to assess your lung function. Spirometry measures how much air you breathe air in and out of your lungs and how quickly you can do it. Spirometry is used to diagnose various lung conditions like asthma, COPD and other respiratory issues. As well as tracking or monitoring your lung condition's progression and the effectiveness of the medication you are on.

The actual spirometry test involves you blowing into a hand-held single use device to measure the volume and speed of your exhaled breath as well as the volume and speed of the proceeding inhaled breath.

So, what will happen on the day?

On the day (or the day before) the reception staff will confirm your attendance and that you are not acutely unwell with influenza, Covid-19, RSV or any other similar symptoms. If you are unwell, you will be asked to re-schedule your appointment so that you don't put staff and other patients at risk.

You will be taken to a separate room where your test will take place with the nurse. You will be positioned sitting down, a nose clip will be placed on your nose so that you only exhale and inhale through your mouth for accurate results. You will be directed to blow into the mouthpiece as hard and fast as you can, when you feel that all the air has been exhaled you will take a long deep breath back in and then remove the device from your mouth. Making sure that your lips are sealed around the mouthpiece so no

air escapes from the side of your lips. After each exhale and inhale exercise you will be asked to rest while the computer records your result. You are required to do 3 repeatable exercises, but this may take more than 3 attempts to achieve.

Great, you have now completed the Pre FVC exercise. Now the nurse will administer to you via a spacer 4 Puffs of Ventolin (broncho-dilator) as per recommended guidelines. You will then be asked to wait for 15 minutes and then the breathing exercises will be repeated to complete the Post FVC exercise. This will be to show if there is any response to flow rate or volume after having Ventolin. Depending on whether there is a positive or no response to the Ventolin will help your doctor to diagnose, monitor or adjust medication treatments.

You may experience dizziness or coughing from the deep breathing exercises. If you become unwell during the test or the nurse assesses it unsafe for you to continue the test will be stopped and your doctor informed. Please contact the medical center's practice nurse if you have any questions or concerns about your upcoming procedure.

Please refer to most up to date fees schedule

Please note doctor consultation fee is payable in addition to spirometry on the day.



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Patient Information

