|  |  |  |
| --- | --- | --- |
| **Dr Jane Walker MBBS DRCOG MRCGP****Dr Adam D W Bone MB BS MRCGP****Operational Manager: Gemma Gemmill****Business Manager: Zoe Brooks** |  |  **Guildhall Surgery** **High Street** **Clare** **Sudbury** **Suffolk** **CO10 8NY** **Tel: 01787 277523** |

**PATIENT APPOINTMENT INFORMATION**

**LUNG FUNCTION TESTING**

**(SPIROMETRY)**

**Important Information**

Spirometry is a test used to measure the amount of air you can breathe in and out of your lungs and how fast you can breathe out. It is a useful test to diagnose conditions such as COPD and Asthma and will also measure severity.

Please follow the instructions below as they will help you to prepare for your spirometry test / appointment and enable us to obtain accurate results.

* PLEASE **DO NOT** USE YOUR BLUE INHALER FOR AT LEAST FOUR HOURS PRIOR TO YOUR TEST (Salbutamol, Salamol, Ventolin, Airomir, Bricanyl, Terbutaline).
* Please **BRING** your blue inhaler and spacer (if you have one) with you to the test/appointment.
* **DO** wear loose, comfortable clothing that doesn't restrict or interfere with your breathing.
* **DON'T** eat a big meal for 2 hours prior to the test/appointment. A full stomach may restrict your breathing and make you feel uncomfortable.
* **DON'T** smoke for 4 hours prior to the test if possible.
* **AVOID** drinking hot drinks, caffeine and alcohol for at least one hour prior to the test/appointment.

Please contact the Surgery and inform us if you answer yes to any of the following questions:

* Have you coughed up any blood within the last 2 months?
* Do you have a current chest infection or have you had a chest infection requiring antibiotics within the last 6 weeks?
* Have you had any Surgery, including eye Surgery in the last 2 months?
* Have you been told by a doctor / health care professional you have a blood clot or an aneurysm?
* Have you suffered from a heart attack or stroke within the last 3 months?
* Do you have uncontrolled high blood pressure?
* Have you been told by a doctor / health care professional you have a collapsed lung, broken or cracked rib(s), or a problem with your neck vertebrae?
* Have you had to go to the Emergency Department (A&E) for your own care within the last week?

If you are unable to attend the test/appointment please inform the Surgery at the earliest opportunity.