

Tower House Medical Centre

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**TYNTESFIELD**
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15 West Town Road, Backwell

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Long Ashton Surgery

55-57 Rayens Cross Road,

Long Ashton, Bristol, BS41 9DY

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Spirometry Appointment Information

You have been asked to attend the surgery for lung function tests (spirometry). These tests help your nurse/doctor to diagnose your respiratory condition(s). The tests may take up to 1 hour depending on the type of testing required.

What to expect:

You will be asked to blow three times into a tube connected to a machine, which will record your lung function.

You will be asked to breathe in to fill your lungs with air then blow as hard and as long as you can to get the best results.

To obtain the best possible results from your test, please follow the instructions below prior to your appointment.

If you have had any surgical procedure/operation in the last 6 weeks, this test should be delayed.

If you have had a chest infection in the last 6 weeks, please speak to reception as this test should be delayed.

Ask your doctor/nurse if you have any questions by contacting the surgery.

How to prepare for the test:

- Please take all medication including inhalers as normal. If possible, please avoid using your reliever inhaler (blue) within 4 hours of your appointment.
- Avoid smoking for 24 hours before the test.
- Avoid tight clothing.
- Avoid eating a large substantial meal at least two hours before the test.
- Avoid drinking alcohol for at least four hours before the test.

After the test:

Your results will be sent to your referring clinician for them to review and discuss with you if necessary.

Risks and side effects:

Due to the nature of the tests and the exertion required, some patients may feel dizzy or faint during testing. Coughing is also common. Serious complications are rare and risks will be kept to a minimum by your clinician.

Potential but very rare complications include:

- Airway narrowing in those with sensitive airways.
- Heart attack in patients with previous cardiac disease.
- Sudden changes in blood pressure.
- Stroke.
- Collapsed lung.
- Retinal detachment.

You will be questioned by your clinician prior to having the tests to check whether you are at an increased risk.