

# Single Spirometry

**If you have an inhaler(s) please do NOT use this prior to your test.**

**SABA-** do not use for 4-6 hours prior to test

**SAMA-** do not use for 12 hours prior to test

**LABA-** do not use for 24 hours prior to test

**Ultra LABA-** do not use for 36 hours prior to test

**LAMA-** do not use for 36-48 hours prior to test

**STEROID-** do not use for 24 hours prior to test

If you are unsure which type of inhaler(s) you have, please contact us ASAP before your appointment so that we can advise accordingly.

**Please note that these are clinical guidelines- in the interest of patient safety, you can still take your inhalers if clinically warranted.**

**Please also avoid the following prior to your test:**

- **Smoking on the day of testing**
- **Consuming alcohol for at least 4 hours prior to the test**
- **Eating a substantial meal for at least 2 hours prior to the test**
- **Vigorous exercise for at least 30 minutes prior to the test**
- **Wearing tight clothing**

This test will measure how well your lungs are working. We will measure your height and weight prior to the test. You will be asked to take a deep breath in and blow it all out hard and fast through a tube connected to a lung function computer. You will be seated during the test as the hard and fast blowing can make you feel temporarily lightheaded. You will not be required to remove any clothing for the lung function test and it takes on average 15-20 minutes to complete.



Prior to the test we will obtain your pulse rate and oxygen saturation levels via a pulse oximeter- **please avoid wearing false nails or coloured nail varnish** as this can produce inaccurate results and we may not be able to proceed with the test.

This test may be performed by either a male or female member of staff. If you require a chaperone, please contact us as soon as possible prior to your appointment so that we may arrange this.

**NOTE: Please notify us in the first instance if you currently have or have had any of the following:**

- **Active untreated TB**
- **Aortic or cerebral aneurysm** >6cm or bulging
- **Untreated pulmonary embolism**
- **Eye or facial surgery** within the last 2-6 weeks
- **Unstable angina/angina attack** and have used your GTN spray prior to testing
- **Recent MI (heart attack)** in the last 7 days
- **Pneumothorax (collapsed lung)** within the last 3 weeks
- **Brain surgery** in the last 3-6 weeks
- **Abdominal or thoracic surgery** within the last 4 weeks
- **Vascular surgery** in the last 4-6 weeks
- **Nausea, vomiting or diarrhoea**
- **Middle ear infection** which has not been treated
- **Haemoptysis** (coughing up of blood)
- **Stroke** which has not been treated
- **A chest infection** whether or not it has been treated with antibiotics
- **Previous reaction or known allergy to Salbutamol or Terbutaline**