

Patient Information Leaflet for spirometry test with a history of COPD

As part of our commitment to managing the health of patients, we would like you to attend you to a special clinic for spirometry test. Spirometry is a test that measures how much air you can blow out of your lungs and how quickly you can do it. The test will take between 20-30 minutes .If you are currently taking any inhalers please use them as normal and bring them with you to your appointment. To ensure that the test is accurate. Please follow these instructions

Do not eat a big meal within two hours of the test

Avoid vigorous exercise for 30 minutes prior to the test

Avoid smoking for 24 hours before the test

Avoid alcohol for four hours before the test

Wear comfortable clothing and avoid wearing tight clothing which can restrict your breathing.

Empty your bladder before the test