

**Church Street Medical
Centre**

**For COPD Patient's
Spirometry
Preparation**



THE TEST

A spirometer is a machine which measures the speed and amount of air you can breathe out.

You will be asked to breathe in as much as you can and then blow out as much as you can through a mouthpiece which is connected to the spirometer.



MAKE SURE ITS SUITABLE FOR YOU?

Because this test requires **MAXIMUM EFFORT**, it is important to make sure that it is suitable for you.

If you have any of the following, please inform the nurse:

- Uncontrolled high blood pressure
- Uncontrolled angina
- An ear infection
- Phlegm with blood in it

In the last 3 months:

- A collapsed lung
- A heart attack or stroke
- Any operations e.g. hernia, eye surgery

BEFORE THE TEST YOU SHOULD NOT:

- Have smoked for 24 hours
- Have had a large meal in the last 2 hours
- Have had caffeine e.g. tea/coffee in the last 4 hours
- Have drunk alcohol in the last 4 hours
- Wear restrictive clothing
- Have had vigorous exercise in the last 30 minutes

For your comfort, please empty your bladder before the test.

If you are unwell on the day of the test, please cancel & re-book the appointment when you

have been well for at least 4 weeks.

