

REVERSIBILITY TESTING

You may be asked to do a reversibility test.

This involves performing spirometry then inhaling medication

(e.g. Salbutamol / Terbutaline) through a suitable inhaler/spacer or nebuliser. These medications are used to open up your airways to their best possible.



You will be asked to wait 15-20 mins and then repeat the test.

This helps us to make a diagnosis.

If you are already taking regular inhalers or medication for your breathing, we ask that you don't use them if at all possible for the time specified below.

Relievers –Salbutamol/Terbutaline

4-6 hours

Long-acting relievers

-Salmeterol/Formoterol/Seretide/

Symbicort

12 hours

Theophylline tablets

24 hours

Tiotropium

24 hours

If you have any queries, please contact the surgery on 01773 712065.

Church Street Medical Centre

Spirometry Preparation Diagnostic



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.

