

## **Patient Instructions when booking Spirometry**

**Please allow 40 minutes for your appointment** - You will see the nurse for 20 minutes, and then have a 10 minute wait in the waiting room followed by 10 minutes with the nurse.

You will need to bring a spacer device to your appointment. If you do not have your own you can purchase one from your local Pharmacist or ask Reception to arrange a prescription for you.

Please avoid the following prior to a spirometry test of your lungs:

- Wearing restrictive clothing
- Smoking 24 hours prior to the test
- Vigorous exercise 30 minutes prior to the test
- Consuming alcohol 4 hours prior to the test
- Eating a large meal 2 hours prior to the test
- Taking salbutamol/ventolin/bricanyl/terbutaline for 4 hours before the test
- Taking serevent/seretide/salmeterol/oxis/formoterol/foradil/symbicort inhalers for 12 hours before the test
- Taking atrovent/ipratropium bromide inhaler for 6 hours before the test or spiriva/tiotropium inhaler for 24 hours before the test
- Theophylline tablets for 24 hours before the test ie. Nuelin, Slophyllin, Uniphyllin, Phyllocontin Continus.

If you are suffering with a throat or chest infection, please telephone the surgery to re-arrange your appointment.

The Surgery  
Links Way  
Southwood Village  
Farnborough  
Hampshire  
GU14 0NA