

## Instructions to Patients for Spirometry

### What is Spirometry?

Spirometry is a frequently performed lung function test to find out the cause of lung problems and how affected the lungs are. The test will also help your doctor to plan treatment.

### Preparation before the test

- Wear loose-fitting clothes that will not restrict full chest and abdominal expansion during the test
- Avoid exercise at least 30 minutes prior to the test.
- Avoid smoking within 1 hour before the test.
- Avoid eating a heavy meal at least 2 hours before the test.
- Avoid alcohol consumption within 4 hours before the test.
- Avoid the use of short acting bronchodilator, example: Ventolin, Bricanyl, Atrovent, Berodual, for at least 4 to 6 hours prior to the test.
- Avoid the use of long acting bronchodilators, example: Serevent, Seretide, Symbicort, Spiriva, Onbrez, for at least 12 to 24 hours prior to the test.

### How is Spirometry done?

- You will be instructed to blow as hard, as fast and as long as you can into a spirometer which measures how much and how well air moves into and out of the lungs.
- The test requires you to follow instructions carefully and put in your best effort.
- The test is often repeated after medication that opens the airways of the lungs.
- The test will take about 30 minutes to 45 minutes.
- Your doctor will discuss the test results with you at your next appointment.

### Is the test safe?

Generally, the risks are extremely low. You may feel short of breath or light headed for a moment (usually only for a few seconds) after the test is performed.

### Can I undergo the test if I am not feeling well?

No. If you are feeling ill because of fever or acute illness, you should not proceed with the test. Please call the CGH Call Centre Tel: 6850 3333 to change the appointment.