Unless specified by your GP the inhaler given will contain Salbutamol. Salbutamol is a commonly used inhaler designed to open up your airways. The effects last approximately four hours. The physiologist will show you how to take the inhaler via a spacer.

Inhaler and Spacer

Will I feel any pain or discomfort?

The test is not painful but can feel a little uncomfortable. Some patients experience light-headedness. You will be encouraged to do as much as you can and given time to recover between tests.

How long will the test take?

The test will take between 10 and 30 minutes. Some of this time may involve waiting while any medication we give you takes effect.

How should I prepare for Spirometry?

Please bring all your inhalers to your appointment.
In the 4 hours prior to your appointment please DO NOT use any of the following inhalers or nebules:

Ventolin / Salbutamol / Salamol (Blue)

Combivent (Grey)

Atrovent (White/Green)

Ipratropium Bromide

Bricanyl / Terbutaline (Blue)

If you feel breathless and take any of these inhalers within the four hours please inform the physiologist at the start of your test.

Do take all of your other medications as normal.

Please do not smoke in the 24 hours before the test.

Please do not drink alcohol on the day of the test.

Please avoid eating a large meal two hours before the test.

Please wear non-restrictive comfortable clothing.

If on the date of your test you have a chest infection for which you are taking antibiotics please ring booked admissions on 0151 600 1217 to change the date of your appointment. A chest infection will affect your test and give your GP or Practice Nurse invalid results.

What are the benefits of having Spirometry?

Your GP or Practice Nurse will use the results of the test to help them diagnose problems with your breathing or monitor existing breathing conditions.

What are the risks involved?

The procedure is performed in large numbers at this hospital and is very low risk.

You should tell the physiologist if you have any of the following:

Coughed up blood recently and the cause is not known.

Pneumothorax

Had a heart attack within the last six weeks

Uncontrolled angina

Had a stroke in the last six weeks

Had any eye surgery in the last six weeks

Had any thoracic or abdominal surgery in the last six weeks

Any thoracic, abdominal or cerebral aneurysms

Some of the general risks associated with the procedure are outlined below; individual patients however may have a greater risk of some or all of the complications.

- You may feel light-headed after each attempt at the test but this will only last a few seconds.
- Occasionally some patients feel shaky after they have been given the inhaler. This is also normal.

Rarer complications include:

- Fainting due to the forced nature of the test
- Nausea

What can I expect after the test and when can I resume normal activities?

After the test is over you can go home and resume your normal activities straight away. You should continue taking your inhalers as normal.

When do I get the results?

The results will not be available on the day of your test. They will be taken back to the Liverpool Heart and Chest Hospital to be reported and will be sent to your GP practice within 5 working days.

GP Community Spirometry Clinics

The physiologists from the Pulmonary Function Department at the Liverpool Heart and Chest Hospital hold GP community spirometry clinics in their department and also visit GP practices around the city. You will be offered a choice of the practices we visit so you may select the one nearest to you.

For further information visit:

www.lhch.nhs.uk
www.nhsdirect.nhs.uk
www.lunguk.org
www.dipex.org

Or contact:

The British Lung Foundation Lung Information line on 0845 850 5020.

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

إذا لديك الرغبة فى الحصول على نسخة من هذه المعلومات بأيّ لغة أخرى أو بشكل آخر (على سبيل المثال بخطوط كبيرة) ، الرجاءالاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل او اللغة التى ترغب فيها.
如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257向我們查詢，並說明您所需要的形式和語文。
ئەگەر ئەم زانیارییانەت بەهەر زمانێکی تر یاخود شێوازێکی تر دەوێت (بۆ نموونە بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفۆنی 0151 600 1257 پەیوەندیمان پێوە بکە و ئامارە بدە بەو زمانەی یاخود شێوەیەی کە دەتەوێت
W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.
Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.

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