

Bridgnorth Medical Practice
Northgate Health Centre
Bridgnorth
Shropshire
WV16 4EN

Your Spirometry Test at Bridgnorth Medical Practice

Telephone: 01746 767121
Email: Bridgnorth.medicalpractice@nhs.net
www.bridgnorthmedicalpractice.co.uk

Please contact us to discuss your appointment if any of the following apply to you:

- Have you been on any antibiotics or steroids in the past 6 weeks?
- Have you had any surgery in the last 12 weeks?
- Have you had a chest infection in the last 6 weeks?
- Have you coughed up blood in the last 4 weeks?
- Have you had chest pain or discomfort recently?
- Have you had a pneumothorax or collapsed lung in the last 12 weeks?
- Do you have an aneurysm?
- Are you infectious with e.g. TB, MRSA, Covid?
- Have you had a heart attack or stroke in the last 12 weeks?
- Have you had a blood clot on the lung in the last 12 weeks?
- Do you have a middle ear infection?
- Are you currently pregnant?

How to Prepare for your Test

Do not smoke for at least 4 hours before the test

Do not drink alcohol for 4 hours before the test

Do not exercise or eat a large meal in the two hours before your test

Avoid wearing tight fitting clothes

If you use inhalers please bring them to the appointment

Can I use my Inhalers?

If you take steroid inhalers (such as Clenil) continue to use them

4 to 6 hours before the test do not use the following inhalers:

- Salbutamol (Ventolin, Aerolin, Salamol)
- Albuterol
- Terbutaline (Bricanyl)

12 hours before the test do not use the following inhalers:

- Ipratropium bromide (Atrovent or Combivent)

24 hours before the test do not use the following inhalers:

- Salmeterol (Serevent)
- Formoterol fumerate (Oxis or Foradil)
- Formoterol and Budesonide (Symbicort)
- Salmeteol and Fluticasone (Seretide)

36 hours before the test do not use

- Indacaterol (Onbrez, Ultibro)
- Vilanterol (Trelegy, Anoro)
- Olodaterol (Striverdi, Spiolto)
- Tiotropium (Spiriva, Spiolto)
- Aclidinium (Duaklir)
- Montelukast (Singulair)
- Zafirkulast (Accolate)
- Umeclidinium (Incruse, Trelegy, Anoro)
- Theophylline (Uniphyllin, Slophyllin)
- Glycopyronium (Trimbow, Seebri, Ultibro)

Spirometry Side Effects

You should not experience any side effects but you may feel tired after the test.

You will be able to drive after the test.

If you have a reversibility test the medicine used (Salbutamol) can sometimes cause a slight tremor or headache.

If you have any dizziness, headache, chest pain or tremor please let us know either during or after the test.

If you need to use any of your inhalers before your spirometry, please contact the Practice to ensure that we can still carry out your test. We may need to rearrange your appointment on another day.

Cancelling your appointment

If you are not able to attend for your appointment please let us know as soon as possible so that we can offer the appointment to another patient and arrange a new appointment for you.

If you would like this leaflet in a larger font or different format please let us know