

## Lung Function- Spirometry with Reversibility

You have been scheduled for a **Spirometry test with Reversibility** at **Express Diagnostics**. This test measures how much air you can breathe out after maximal inspiration, before and after bronchodilator medication. The average duration of the appointment is **60 minutes**.

### Why is a Spirometry with Reversibility Test Done?

A Spirometry test is performed to assess how well your lungs are working, before and after medication. It can help to identify or monitor any lung conditions, such as asthma or COPD, and can also check how you're responding to treatment.

### Preparing for Your Spirometry with Reversibility Test

Here are some things you can do to prepare for your Spirometry with Reversibility test:

- Notify us in the first instance if you currently have or have recently had any of the following, as they may prevent you from proceeding with the test:
  - **Active untreated TB**
  - **Aortic or cerebral aneurysm** >6cm or bulging
  - **Untreated pulmonary embolism** (blood clot)
  - **A recent chest infection** (within 6 weeks) treated with antibiotics and/or steroids
  - **Eye, facial or sinus surgery** within the last 2-6 weeks
  - **Unstable angina/angina attack** and have used your GTN spray prior to testing
  - **Recent MI (heart attack)** in the last 7 days
  - **Pneumothorax (collapsed lung)** within the last 3 weeks
  - **Late-term pregnancy** (3<sup>rd</sup> Trimester)
  - **Brain surgery** in the last 3-6 weeks
  - **Recent concussion** with continuing symptoms
  - **Systemic hypotension or severe hypertension**
  - **Abdominal or thoracic surgery** within the last 4 weeks
  - **Vascular surgery** in the last 4-6 weeks
  - **Nausea, vomiting or diarrhoea**
  - **Middle ear infection** which has not been treated
  - **Haemoptysis** (coughing up of blood)
  - **Stroke** which has not been treated
  - **Previous reaction or known allergy to Salbutamol or Terbutaline**
- If you have a **GTN spray**, please bring it with you to your appointment
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- Avoid the use of any inhalers\*
  - **SABA-** do not use for 4-6 hours prior to test
  - **SAMA-** do not use for 12 hours prior to test
  - **LABA-** do not use for 24 hours prior to test
  - **Ultra LABA-** do not use for 36 hours prior to test
  - **LAMA-** do not use for 36-48 hours prior to test
  - **STEROID-** do not use for 24 hours prior to test



If you are unsure which type of inhaler(s) you have, please scan the QR code above to access the 'Spirometry Inhaler List', for information regarding the appropriate withhold times. Alternatively contact us ASAP before your appointment so that we can advise accordingly

**\*In the interest of patient safety, you can still take your inhalers if clinically warranted**

- Avoid:
  - Smoking on the day of the test
  - Consuming alcohol for at least 4 hours prior to the test
  - Eating a substantial meal for at least 2 hours prior to the test
  - Vigorous exercise for at least 30 minutes prior to the test
  - Wearing tight clothing
  - Wearing false nails or coloured nail varnish

## What Happens During a Spirometry with Reversibility Test?

During your appointment:

- We will measure your height & weight, and obtain your pulse and oxygen saturation levels
- You will be given a nose clip to wear during the test
- You will be asked to complete 2 breathing exercises through a device called a spirometer. You will complete these before and after medication.
 

**Part 1-** Take a deep breath in and exhale steadily until you are completely empty

**Part 2-** Take a deep breath in and exhale as quickly and forcefully as possible, without stopping. When you are completely empty, take a deep breath in.



- You will then be given bronchodilator medication in one of the following ways:
  - 18 years and over- **nebuliser**
  - <18 years- **inhaler and spacer**
- After the medication is administered, you will be asked to wait for up to 45 minutes before repeating both parts of the test again.
- You will be seated during the test as the strenuous breathing can make you feel temporarily lightheaded

**Please inform us ahead of time if you need a chaperone or prefer a healthcare professional of a specific gender. Note that same-day requests may necessitate rescheduling to accommodate your needs.**