

## **Central Brampton FHT - Spirometry Instruction Sheet for Patients**

### **What is Spirometry Testing?**

A spirometry test is used to measure how much air you are able to breathe in and out of your lungs, and also how fast and easily you can blow air out of your lungs. Spirometry testing can be used to help diagnose respiratory problems such as COPD and Asthma. It may also be used to determine if a chronic lung disease such as COPD, Asthma, Pulmonary Fibrosis etc. is improving or worsening, and whether a change to your current medication is required. During the test, you will be asked to breathe fast and hard which may cause you to cough, feel dizzy or light headed. Please let the healthcare provider performing the test know if you have any discomfort when performing the test.

### **How long will the test take?**

The test can take anywhere between 45 minutes to an hour to complete. Depending on the type of test being performed, your health care provider may give you an inhaler (puffer) to help open your airways and then repeat the same test in order to see whether your breathing has improved with the inhaler (puffer). The results of the test will be sent to the referring physician or practitioner for an assessment.

### **How to prepare for the test?**

You may be asked by your health care provider not to use certain inhalers (puffers), or medications on the day of your test. Please, however, bring all of your inhalers with you on the day of the test.

- No consuming alcohol within 8 hours of the test
- No smoking, vaping or consuming caffeine within 1 hour of the test
- No heavy exercise within 1 hour of the test
- Please wear loose and comfortable clothing
- No heavy meals within 2 hours of the test
- If you are taking respiratory puffers or medication, you may be asked to withhold the following:
  - Avoid taking your short acting bronchodilators (Reliever inhalers) including Ventolin (salbutamol), Atrovent, Bricanyl, Combivent, or Airomir 6 hours before the test **unless** you are having difficulty breathing. If this is the case and your reliever inhaler has been taken due to difficulty breathing, please inform our office
  - Avoid taking your long-acting bronchodilators (Controller inhalers) including Advair, Oxeze, Serevent, Symbicort, Breo, Zenhale, Spriva, Tudorza, Anoro, Ultibro, Seebri, Incruse, Duaklir, Trelegy, Inspiralto 24 hours before the test
  - Avoid taking leukotriene modifiers (respiratory pills) including Montelukast (Singulair) and Zafirlukast (Accolate) 24 hours before the test

### **Please let your doctor know if any of the following apply to you, as the test may be postponed:**

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| • Pregnancy   | • Recent Aneurysm                        |
| • Recent MI (heart attack) or CVA (stroke)          | • Recent Facial Trauma (face/mouth pain) |
| • Recent eye, Abdominal or Thoracic (chest) Surgery | • Collapsed Lung or Pneumothorax         |
| • Uncontrolled Hypertension                         | • Tuberculosis                           |
|   | • Experiencing Chest/Abdominal pain      |

**Our location:** 2130 North Park Drive, Suite 238. Brampton, ON, L6S 0C9

*If you have any questions regarding the test or wish to cancel and/or re-schedule the appointment, please call or office at (289) 499-2239.*