



## Spirometry Appointment Information

You will shortly be attending the practice for a Spirometry test. Please ensure you have read through the information below ahead of attending your appointment.

1. If you have had covid in the last 30 days or have covid symptoms, please contact the surgery to rearrange your appointments.
2. Bring all inhalers, spacers, and peak flow meters to your appointment if you have them.
3. If you have had any current/recent Upper Respiratory Tract Infection or Lower Respiratory Tract Infection, it is preferable to wait until you have recovered prior to breathing test. Therefore, please call the surgery to rearrange your appointment.
4. Please **DO NOT**:
  - a. Wear tight clothing as this will constrict your lungs
  - b. Smoke in the 24 hours leading up to your appointment.
  - c. Consume alcohol for a minimum of 4 hours before your appointment.
  - d. Do any form of vigorous exercise 30 minutes before your appointment.
  - e. Have a heavy meal up to 2 hours prior to your appointment.
  - f. Avoid food containing Nitrate such as lettuce.
5. Please stop taking the following medication for the following time periods before your test unless you need to use them because your symptoms are worsening:

<b>Medication Type</b>	<b>Drug Name</b>	<b>Brand Name</b>
<b>For 4-8 hours before</b> Inhaler or nebuliser	Salbutamol	Ventolin, Salamol, Asamol clickhaler, Salbumin, Airomir, Combivent
Inhaler	Terbutaline	Bricanyl
<b>For 6 hours before</b> Inhaler or nebuliser	Ipratropium bromide	Atrovent Pulmicort, Quar, Budesonide

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**For 24 hours before**

Inhaler

Salmeterol

Seretide, serevent

Inhaler

Fometerol

Symbicort, Oxis, Fostair, Foradil,  
Flutiform, Atimos Modulite

Tablet

Theophylline

Slo-phylline, Uniphylline  
Continus, Nuelin SA

Tablet

Aminophylline

Phyllocontin continus

Tablet or syrup

Salbutamol

Ventolin, ventmax

**For 24-36 hours before**

Inhaler

Tiotropium

Spiriva

Inhaler

Glycopyrronium

Seebri

Inhaler

Alcidniumbromide

Eklira Genuair

**For 36 hours before**

Inhaler

Vilanterol

Relvar Ellipta

Inhaler

Indacaterol

Onbrez

Anoro Ellipta, Spiolto Respimat

Trelegy, Trimbow, Trixeo

Aerosphere



**The Ridings**  
Medical Group  
*Caring for our community*