



Spirometry and FeNO Appointment Information

You will shortly be attending the practice for a Spirometry and FeNO 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. Peak Expiratory Flow Measurements and Spirometry should be avoided prior to FeNO testing
5. Please **DO NOT**:
 - a. Wear tight clothing as this will constrict your lungs
 - b. Smoke in the 24 hours prior to your FeNO testing.
 - c. Do any form of vigorous exercise for at least 1 hour prior to your appointment.
 - d. Eat or drink for 3 hours before your appointment.
 - e. Avoid food containing Nitrate such as lettuce.
 - f. Consume alcohol for a minimum of 4 hours before your appointment.
6. 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:

Medication Type	Drug Name	Brand Name
For 4-8 hours before Inhaler or nebuliser	Salbutamol	Ventolin, Salamol, Asamol clickhaler, Salbumin, Airomir, Combivent
Inhaler	Terbutaline	Bricanyl Continued/See Page 2



For 6 hours before
Inhaler or nebuliser

Ipratropium bromide

Atrovent
Pulmicort, Quar, Budesonide

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
Inhaler
Inhaler

Tiotropium
Glycopyrronium
Alcidniumbromide

Spiriva
Seebri
Eklira Genuair

For 36 hours before

Inhaler

Vilanterol

Relvar Ellipta

Inhaler

Indacaterol

Onbrez
Anoro Ellipta, Spiolto Respimat
Trelegy, Trimbrow, Trixeo
Aerosphere