

## **SPIROMETRY TESTING (LUNG FUNCTION TEST)**

### **What is spirometry testing?**

Spirometry is a breathing test that can help to diagnose and monitor lung conditions such as asthma and chronic obstructive pulmonary disease (COPD). The test is carried out using a machine called a spirometer which measures how well your lungs work.

Reversibility testing involves performing spirometry before and after you have taken medication and is sometimes done to investigate a diagnosis of asthma, or when diagnosis is not clear.

The test will take approximately 15-45 minutes.

### **What are the benefits of the test?**

The benefit of the test is that it can help to diagnose or monitor your lung condition so that you can be given the right treatment. It also helps us to see whether your lung function improves with medication or not.

### **What are the risks of the test?**

Occasionally people feel dizzy during the test or faint; if you feel dizzy or faint please stop and tell the person doing the test.

In addition to this, blowing out hard can increase the pressure in your chest, abdomen (tummy), eyes and ears which could cause complications so you may be advised not to have spirometry if you have recently had any of the following:

- Unstable angina
- Heart attack
- Stroke
- Uncontrolled high blood pressure
- Blood clot in your lung
- Pneumothorax (burst lung)
- Aneurysm
- Surgery to the chest or abdomen
- Eye surgery
- A burst ear drum
- Coughing up any blood of unknown cause

### **Cost**

The test will normally cost \$45-60 unless you are eligible for some funding (your nurse will tell advise you if you are)

### **Preparing for the test**

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** **For 6 hours before**

**Drug Name**  
Salbutamol  
Terbutaline

**Brand Name**  
Respigen, Salamol, Ventolin  
Bricanyl



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**For 8 hours before**

Ipratropium

Atrovent, Combivent, Duolin

**For 24 hours before**

Theophylline

Nuelin

Tiotropium

Spiriva

Salmeterol

Seretide, Serevent

Fometerol

Symbicort, Oxis

- Please try and refrain from smoking 24 hours before the test
- Avoid eating a large meal for 2 hours before the test
- Avoid vigorous exercise for 30 minutes before the test
- Avoid alcohol on the day before the test
- Wear loose fitting clothing