

## **Patient Instructions Prior to Spirometry**

A spirometry test is a special, painless and sensitive measurement of the amount of air you are able to breath out in one puff – and how quickly.

**PLEASE FOLLOW THE INSTRUCTIONS BELOW ON THE DAY OF THE TEST (if you possibly can).**

Please avoid:

- Smoking within 24hrs of the test
- Alcohol within 4hrs of the test
- A heavy meal within 2hrs of the test
- Vigorous exercise within 1hr of the test
- Using your blue inhaler within 4hrs of the test
- Using your grey or green inhaler within 12hrs of the test

**Please note: if you need to use your inhalers, please do so**