

**YORK ROAD GROUP PRACTICE
PATIENT INFORMATION SHEET FOR
SPIROMETRY SCREENING**

Today your doctor has asked you to make an appointment to have a spirometry test. This is an investigation into your breathing difficulties.

For the test to work properly, could you please follow the directions below:-

1. On the day of your appointment please bring along **any inhalers and Aerochamber/spacer** you have been given. **Please note if you forget to bring your inhalers and/or device with you for your appointment, we will have to ask you to come back again at another time.** If you haven't got a device you will need to ask reception to order a prescription for you from the doctor so you can bring it to the appointment.
2. Please **do not** take your **blue inhaler for 6 hours** prior to your appointment and your **brown inhaler 12 hours** prior
3. Don't eat a big meal 2 hrs prior to your appointment
4. Try not to smoke 24 hours before the investigation
5. Ensure you have an empty bladder
6. Try to have no alcohol at least 4 hours before your appointment
7. Please ensure you have not had antibiotics in the six weeks prior to your appointment.

By following these guidelines your appointment can be used effectively and your time will not be wasted.

Practice Nursing Team (2013)