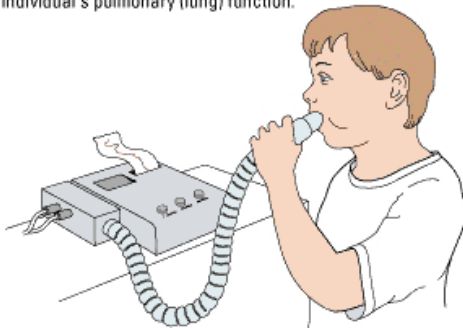


Spirometry Information Sheet

The occupational health team has organised breathing tests for you known as spirometry. The following are some things you should know about before your appointment and some simple instructions for the day.

1. What is a Spirometry test?

Spirometry
Patient blows into spirometer. The device measures and records maximum air flow, lung volume, and other parameters which are important in understanding the individual's pulmonary (lung) function.



A Spirometry test is a way of assessing how your lungs are working. A spirometer is a machine that measures the amount of air you can breathe out in one breath and the amount of air you can blow out in 1 second.

You will be asked to take a deep breath in and blow out as hard as you can into the tube which leads to the machine. You will be asked to do this at least three times.

2. What to do before your Spirometry test:

- **Wherever possible, complete and return the Respiratory Health Assessment form (Questionnaire C) before your appointment.**
- Read the checklist overleaf and let the occupational health advisor know if any of the things on the checklist apply to you
- The whole process will take about 20 minutes.
- Do not consume alcohol or smoke any tobacco for at least 4 hours prior to test
- Avoid vigorous exercise for at least 30 minutes prior to test
- Do not wear clothing that will substantially restrict full chest and abdominal expansion.
- Do not eat a substantial meal for at least 2 hrs prior to test
- If you use inhalers, try not to take any of your inhalers on the day of your spirometry test, though if you have felt it necessary to use one or some of your inhalers, please let the nurse or doctor know so this can be taken into account.

3. Spirometry Checklist

Although most people have no problem with lung-function (spirometry) testing, certain people should not undertake spirometry.

Please read the checklist below and let the occupational health advisor know if any of the following apply to you before you undertake your spirometry.

If you answer yes to any of the following questions, please tell the occupational health advisor, who can then decide whether it is safe to proceed with spirometry.

- Have you suffered from a recent pneumothorax, pulmonary embolism?
- Have you recently had chest pains, angina, myocardial Infarction (heart attack)?
- Have you recently had a stroke?
- History of an aneurysm?
- Do you have any ear problems e.g. recent ear surgery, on the middle and inner ear (in the past year)?
- Do you have any eye problems (recent eye op or eye trauma, cataract)?
- Have you recently had abdominal surgery?
- Do you have raised blood pressure (> 200/110 mmHg)?
- Are you pregnant or within three months of having had a baby?
- Do you have an acute back problem or suffer from any back discomfort?
- Are you coughing up blood?
- Have you had/have you got a chest infection that needed treatment with antibiotics or oral steroids or if you have any other severe illness in the last six weeks?
- Please ensure you inform the nurse or doctor straight away if you are feel light headed, faint, or experience pain or discomfort when performing the spirometry.
- The maximum attempt of blows will be limited to 8 or less if you feel too exhausted. If unsuccessful with your attempts you may be asked to re-attend.

If you have any questions or concerns, please contact Occupational Health. Tel: 0151 705 3113/3223, email: OH@lstm.ac.uk