



SPIROMETRY TESTING PREPARATION ADVICE

Your Spirometry Test is booked in for:

Date: _____ Time: _____

The test will take around 1 hour and the cost for this will be \$45.00 (unless you have been advised otherwise).

Preparation for your Spirometry test:

DO NOT USE YOUR PREVENTER INHLAER WITHIN 12 HOURS OF YOUR TEST

- Do not use a Bronchodilator e.g. Ventolin, Salbutamol, Bricanyl, 2-3 hours prior to your test
- Do not drink alcohol within 8 hours of your test.
- Do not eat a large meal or do strenuous exercise within 1 hour of your test.
- Do not smoke for at least 4 hours before your test.
- Do not vape for at least 1 hour before your test.
- Do not wear restrictive clothing; wear loose fitting clothes.
- Please bring your Bronchodilator with you
- Please bring your own spacer with you
- Please advise us of any recent change in medication or signs of a respiratory infection
- Do not do vigorous exercise for a few hours prior to the test.

