

## INFORMATION FOR PATIENTS

# Spirometry during exercise testing

Your doctor has requested a test to measure your breathing before and after exercise in order to help guide your medical treatment.

### What is spirometry?

Spirometry measures how well your lungs are working. Doctors commonly request this test to:

- See if you have any lung disease.
- Measure the severity of lung disease.
- See if medication will make your breathing better.
- Test your lung function before an operation.

### The procedure

You will be asked to blow out into a machine through a disposable mouthpiece. You will be asked to breathe in deeply and then to blow out as quickly and as long as possible.

Your nose will be sealed using a nose clip and you will be seated during the test.

This test will be performed a minimum of three times, and you will be given a rest between each attempt.

The test may then be repeated after a period of exercise, and at specific time intervals as you recover from exercise.

If necessary, you may be given some respiratory medication, to see if this helps your breathing.

The doctor may also wish us to take a small sample of blood from your earlobe to measure your oxygen levels.

### Before your test

Before attending for your test, please:

- Do not do any vigorous exercise for 30 minutes.
- Do not wear any tight clothing that may restrict your breathing.
- Do not smoke for at least one hour.
- Avoid eating a heavy meal or drinks containing caffeine for two hours.
- Do not drink any alcohol for four hours.

Please contact the department if you have experienced any of the following:

- A current or recent chest infection (within the last two weeks).
- Recent eye, stomach or chest surgery (within six weeks).
- A heart attack within the last month.
- Have attended an Emergency Department in the last two to three days.
- Chest pain on the day of your test.

If you use inhalers, nebulisers or take tablets for your breathing, **please try not to take the following:**

### 24 hours before tests:

- Spiriva/Braltus
- Incruse Ellipta
- Spiolto Respimat
- Trimbrow
- Anoro
- Trelegy
- Relvar
- Stiverdi.

### 12 hours before tests:

- Symbicort/DuoResp Spiromax

- Fostair / Luforbec
- Flutiform
- Seretide/Sirdupla
- Eklira / Aclidinum Bromide
- Clenil
- Qvar
- Oxis
- Duaklir Genuair
- Ventolin tablets
- Uniphyllin
- Neulin
- Phyllocontin
- Slo-phyllin
- Aminophylline.

#### **4 hours before tests:**

- Salbutamol (blue one)
- Bricanyl (blue one)
- Atrovent (grey one).

**If you feel you are too breathless without any of these then you must take them.**

**If you are taking any inhaled medications or allergy medications that are not listed above, please contact the department as soon as possible in order to discuss whether they need to be stopped.**

**Please continue all other prescribed medication as normal.**

**Please allow up to two hours for this appointment.**

#### **Results**

The results will go to your doctor who will explain them to you at your next clinic visit.

Please note that you may not be given the results on the day of your test.

#### **What if I need hospital transport?**

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556.

#### **Contact details**

Respiratory department:

- Telephone 01623 672484
- Email [sfh-tr.respiratoryandsleep@nhs.net](mailto:sfh-tr.respiratoryandsleep@nhs.net)

King's Mill Hospital  
Mansfield Road  
Sutton in Ashfield  
Notts  
NG17 4JL

Newark Hospital  
Boundary Road  
Newark  
Notts  
NG24 4DE

#### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

#### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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