

# Your spirometry (breathing test) appointment

## Information for patients

### Introduction

This leaflet tells you more about your spirometry (breathing test) appointment. Please feel free to ask our team any questions you have about the information below.

### What is spirometry?

<https://www.nhs.uk/conditions/spirometry/>

Spirometry is a breathing test that measures some of your lung volumes and how quickly you can get the air in and out of your lungs. The test result helps your doctor and the healthcare professionals looking after you to make a diagnosis and monitor your condition.

You will breathe into a machine via a mouth piece several times, to ensure the best result is obtained. The person performing the test will guide you through each step, click [here](#) to watch video.

### How should I prepare for the assessment?

- Avoid a heavy meal two hours prior to test - a light snack is fine
- Try not to smoke for four hours before the test
- Do not do any vigorous exercise one hour before the test
- Avoid alcohol/drug consumption for four hours before the test
- Wear clothing that does not restrict your chest or abdomen
- If you have had antibiotics and/or steroids for your respiratory condition within the last six weeks, please tell us before your appointment as we may need to reschedule
- Take your routine medication as prescribed, but if possible please do not take your inhalers prior to the appointment

### What happens after the assessment?

The result will be sent back to your GP.

### What if I cannot make my appointment?

Please contact us on 01895544227 as soon as possible so we can offer the appointment to someone else.

### Who do I contact for more help or information?



Please do not hesitate to contact us if you have any queries or concerns on 01895544227

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**).

The PALS team are able to listen to your concerns, suggestions or queries and are often able to help sort out problems on behalf of patients.

Alternatively, you may wish to express your concerns in **writing** to:

Complaints Lead  
The Confederation Hillingdon  
Link 1A  
Civic Centre  
High Street  
Uxbridge  
Middlesex  
UB8 1UW

## Alternative formats (delete if not applicable)

This leaflet can be provided on request in large print, as a sound recording, in Braille, or in alternative languages.

