

The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multi-disciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



Dr Wakeford & Partners
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Opening Times

Mon-Thurs: 0730 - 1930

Friday: 0730 - 1830

Tel: 01296 468580

Fax: 01296 398771

Over 75s Team: 01296 468589

Prescription queries: 01296 468585

Lines open daily between:

0800 - 1230 and 1400 - 1830



Patient Information Leaflet

Lung function (Spirometry) Test

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Lung function (Spirometry) Test

You have been requested to have a Lung Function Test (Spirometry). This leaflet is to give you information so you can be well prepared for the test to ensure that most accurate results are obtained.

Spirometry is a test that can help diagnose various lung conditions, most commonly chronic obstructive pulmonary disease (COPD). Spirometry is also used to monitor the severity of some other lung conditions and their response to treatment.

Although spirometry is very useful for helping to diagnose some conditions and monitor their treatment, a normal spirometry test does not necessarily rule out some forms of lung disease as there can be periods when spirometry tests can be normal even where a lung condition exists, such as asthma.

How is it done?

If it has not already been done, you will have your weight and height measured. For the spirometry itself, you need to breathe into the spirometer machine.

First you breathe in fully and then seal your lips around the mouthpiece of the spirometer.

You then blow out as fast and as far as you can until your lungs are completely empty. This can take several seconds. You may also be asked to breathe in fully and then breathe out slowly as far as you can.

The test requires maximum effort so it is important that you are as fit and well as possible. Please inform staff prior to appointment if you have had any of the problems listed below in the past 2-3 months:

- Unstable angina
- Collapsed lung
- Heart attack or stroke
- Operations e.g. hernia/eye surgery or abdominal surgery
- Ear infections/ear perforations

The test will not be reliable if you are being treated (on antibiotics) or recovering from a chest infection up to and including the previous six weeks. If this is the case, please postpone the test until six weeks post recovery.

Instructions to follow on the day of the test:

- Please wear loose fitting comfortable clothing
- Arrive 10 minutes before appointment time
- Do NOT have a large meal within 2 hours of the appointment
- Do NOT smoke or have any alcohol that day
- Do NOT exercise for 1 hour prior to the test

It is important that you note the timings below with regard to taking your inhalers before the test:

- Do NOT use BLUE SALBUTAMOL inhaler for 4 hours prior to your appointment
- Do NOT use FLUTIFORM/SERETIDE/SYMBICORT/FOSTAIR inhalers for 12 hours prior to your appointment
- Do NOT use SPIRIVA 36 hours to test

Please bring ALL your inhalers in with you.

If you have any queries regarding any of the above information prior to your appointment, please do not hesitate to contact us.