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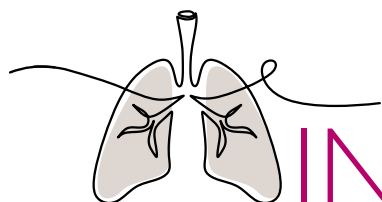
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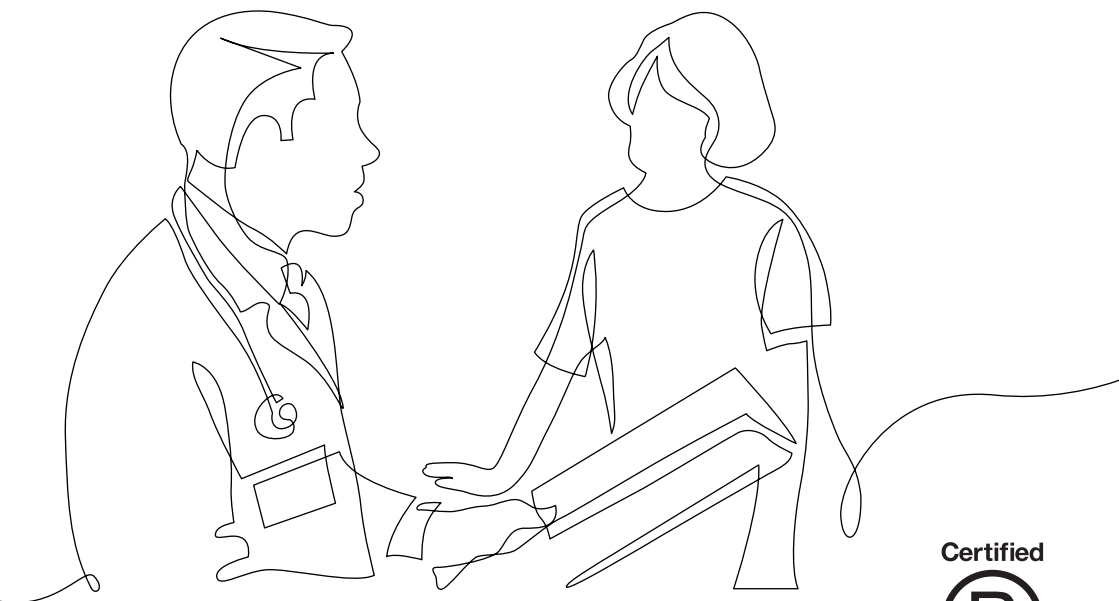
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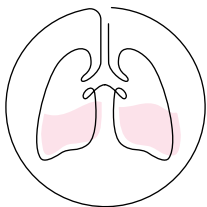
# INSPIRE

THE ESSENTIAL GUIDE TO SPIROMETRY

## A patient's guide to spirometry

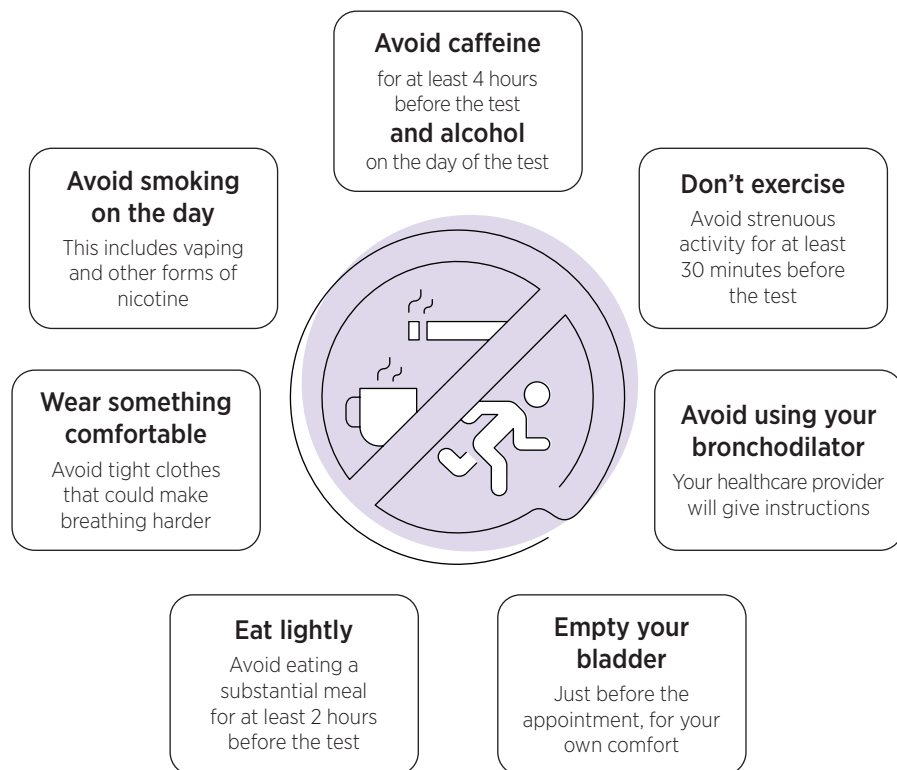


## What is spirometry?<sup>1,2</sup>



Spirometry is a simple test that helps your doctor or nurse understand how well your lungs are working. It measures how much air you can breathe out and how fast you can do it. This can help diagnose conditions like asthma, COPD or other respiratory conditions.

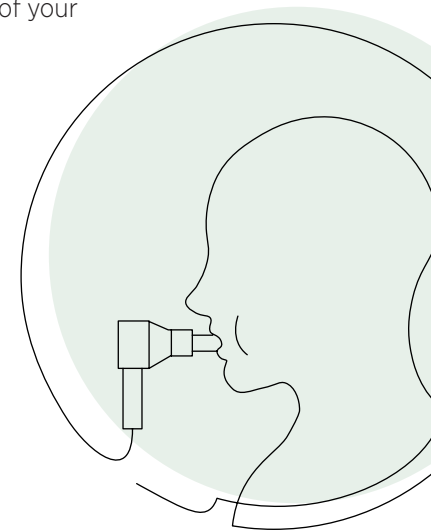
## Prepare for your appointment before arriving<sup>1,3</sup>



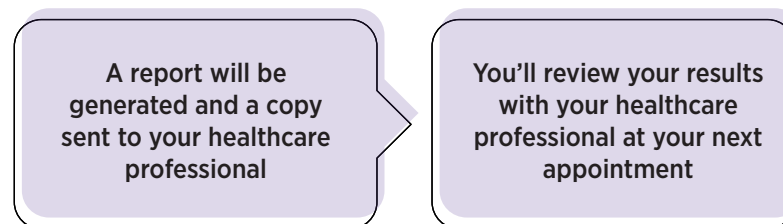
## What you'll do during the test<sup>1</sup>

During the test, it is important to follow the advice of your healthcare professional.

- 1 Height and weight will be measured
- 2 Sit upright in a chair with feet flat on the floor and legs uncrossed
- 3 Take a deep breath in until your lungs are completely full
- 4 Breathe out into the spirometer until your lungs are empty
- 5 Two types of breath might be measured:
  - A forceful breath where you will blow out as hard and as fast as you can
  - A relaxed breath where you breath out slowly and steadily
- 6 You may be asked to do a reversibility test to help diagnose conditions like asthma:
  - Use a bronchodilator (inhaled medication) to open up your airways
  - Wait 15–20 minutes then repeat the spirometry test to see if there is an improvement
- 7 Each type of blow will be repeated a few times to ensure best results with time to rest between each attempt



## What you can expect after the test<sup>4</sup>



# Questions you may have



## Will I feel any pain?

No, the test is painless.<sup>4</sup>

## How long does it take?

The initial test takes approximately 20 minutes; if reversibility is needed, you'll wait 20 minutes for the bronchodilator to take effect, followed by up to 20 more minutes of testing.<sup>3,4</sup>

## What if I don't do it right?

The healthcare team will guide you through the test step-by-step to make sure everything goes smoothly.<sup>1</sup>

## What are the risks involved?

Spirometry is straightforward and considered safe for most patients, but does require assessing your ability for maximum effort. The appointment may need to be delayed or avoided if you have a medical condition that could be made worse by spirometry, so discuss any pre-existing conditions with your healthcare professional before doing the test.<sup>2,4</sup>

## When can I resume normal activities?

After the test, you can leave the appointment and resume your usual activities.<sup>4</sup>

**If you have any other questions, please don't hesitate to ask your doctor or nurse. They are here to help support you through this process.**

COPD, chronic obstructive pulmonary disease.

**References:** 1. Performance of spirometry in adults. ARTP. 2023. Available from: [https://www.artp.org.uk/resources/spirometry\\_sop\\_2023](https://www.artp.org.uk/resources/spirometry_sop_2023) [Accessed November 2024]; 2. Spirometry. NHS. 2021. Available from: <https://www.nhs.uk/conditions/spirometry/> [Accessed November 2024]; 3. Spirometry, NHS UEA Medical centre. 2024. Available from: <https://www.umsuea.co.uk/healthcare-information/spirometry/> [Accessed November 2024]; 4. What is spirometry? The Royal Wolverhampton NHS Trust. 2021. Available from: [https://www.rwt.nhs.uk/PIL/MI\\_8027914\\_07.05.21\\_V\\_1\\_public.pdf](https://www.rwt.nhs.uk/PIL/MI_8027914_07.05.21_V_1_public.pdf) [Accessed November 2024].