

Spirometry

Spirometry is a test that helps us find out what problems respiratory patients have and what is the extent of their disease.

It tells us how much and how easily air can be moved by the lungs.

How do you prepare for the test?

Do not smoke for 6-12 hours before the test.

Do not use inhalers or take any tablets or syrups for lung problems in the 12 hours prior to taking the test.

Treatment with Atrovent or Spiriva should be stopped 24 hours before the test.

Avoid eating large meals and drinking stimulating beverages (coffee, tea, cola, etc.) in the 3 hours before the test.

Avoid exercising for 30 minutes before the test.

It is advisable to wear loose clothing and arrive 15 minutes before the scheduled appointment.

It is advisable to consult your doctor if you have had any sort of heart disease, hypertensive emergency or other major health problem in recent months.

How is it done?

The technician will ask you your age, height and weight. The machine takes these factors into consideration to tell whether or not the results are normal.

During the test you will be seated comfortably in front of the device. When the technician asks you, you must take as deep a breath as possible and then blow it out all at once as fast as you can.

Nose clips will be placed on your nose and you will be asked to take the deepest breath possible, put the mouthpiece in your mouth and seal your lips tightly around it and then blow all the air out as hard and as fast as you can, until you have no breath left to expel.



The test is often done a few times to choose the best result.

Afterwards a bronchodilator test will sometimes be done: you will be given an inhaler and, after 15-20 minutes, the test will be repeated to see if there is any improvement.