

## Lung function test (spirometry)

These instructions are intended for printing. The instructions contain section to be filled in.

### Why is this study done?

Spirometry measures the functional volume and air flow of the lungs. We use it to investigate lung diseases, to find out how effective a medication is, and to assess a patient's ability to work or fitness for procedures such as surgery.

**The study will usually not be done** if you recovered from a respiratory infection (such as a cold) less than two weeks ago.

### How should I prepare for the study?

For the measurements to be reliable, please refrain from the following before the study:

- Coffee, tea, cola, and other stimulating drinks for **four hours**. You should avoid eating a heavy meal, but there is no need to fast.
- Tobacco for **two hours**.
- Alcohol for **24 hours**.
- Strenuous physical activity for **two hours**.

**The doctor or unit treating you will provide instructions about your medications.**

Medicines you should go without before the study:

\_\_\_\_\_ hours without \_\_\_\_\_

\_\_\_\_\_ days without \_\_\_\_\_

\_\_\_\_\_ weeks without \_\_\_\_\_

\_\_\_\_\_ You may take your medications normally.

**Bring a list of medications** that you are currently using.

### How is this study done?

You will be instructed to breathe in and to blow out as much as you can, either slowly or quickly, through a mouthpiece several times. At least three breaths will be measured.

We may give you a short-acting bronchodilator if your doctor has instructed us to do so or if your exhalation values are lower than normal. This drug takes about 15 minutes to have an effect, and then your breaths will be measured again. The exhalation values before and after the medication will be compared.

### **How long will the study last?**

The study takes about 15 to 45 minutes.

### **Where can I get the study results?**

The ward, clinic or health centre that is treating you will tell you about the study results.