

## Lung function test (spirometry)

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

### Why is this test 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 test 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 test?

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

- 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, snus, e-cigarette and other tobacco products for at least **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 test:

\_\_\_\_\_ 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 test 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 10 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 test last?**

The test takes about 15 to 45 minutes.

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

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

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