We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Bengali আপনি অন্য ভাষায় তথ্য পাতে চাইতে পারেন, বড় মুদ্রণ বা আউডিও মাধ্যমে পেতে পারেন।

Italian Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassette.

Lithuanian Galite paprašyti gauti šią informaciją kitomis kalbomis, dideliu spaudiniu ar garso įrašu.

Pashto تاسو کولی شئ چې دا معلومات په نورو زبانو کې، په لوی چاپ یا اډیوټایپ کې ترلاسه کړئ.

Polish Możesz poprosić o uzyskanie tych informacji w innych językach, w dużym druku lub na taśmie audio.

Portuguese Você pode pedir para obter essas informações em outros idiomas, em letras grandes ou em fita de áudio.

Russian Вы можете захотеть получить эту информацию на других языках, в большой печати или аудиозаписке.

Urdu آپ اس معلومات کو دیگر زبانوں میں، بڑے پرنٹ یا اٹھائے پر حاصل کرنا چاہئے تو کہ سکتے ہیں.
Why am I having a spirometry test?

Spirometry is one of the most basic breathing assessments that can be performed. It can provide a variety of specialities with important information regarding your breathing and may indicate whether further assessment is required. It can be performed as a single test or in conjunction with other tests.

It can be performed on subjects of all ages from five years upwards.

What is spirometry?

Spirometry assesses how much air you can blow out and how fast you can blast the air into the machine.

What does spirometry involve?

Spirometry consists of a breathing technique from completely full lungs emptying all the way down to empty. You may be asked to do this at different speeds, either slowly like a sigh or as fast as you possibly can.

Firstly, we will ask you to breathe normally through a mouthpiece and then take in as big a breath as you can. When we see that you are completely full, we will then instruct you to either blow the air out like a sigh or blast the air out as quickly as you can until you are empty. Once you are empty we will ask you to breathe back in as fast as possible until you are full.

During the fast test it is important that the initial blast is as sharp as possible. You will be required to repeat the test for accuracy purposes.

You may also be asked to perform spirometry again 20 to 40 minutes after taking an inhaler. This is to assess whether the inhaler allows you to blow the air out any quicker. This can add up to 40 minutes to the tests.
Preparation
Please take all medication including inhalers as normal (unless otherwise stated in your appointment letter). The test can last approximately 10-30 minutes unless an inhaler is administered, in which case it can take up to 90 minutes.

What if I am unwell prior to the appointment?
Please contact the department using the phone number stated if you have had a recent chest infection, are currently on a course of antibiotics or have just finished a course of antibiotics for your chest. As a result, it may not be appropriate to perform the test at this time and your appointment may be rescheduled.

If you are unwell please inform the department at the earliest opportunity. However, if you are unwell on the day of the appointment please still call and let us know as this will allow us to rearrange your appointment for a more suitable time.

Who will be present at my appointment?
CUH Addenbrooke’s NHS Trust is a teaching hospital so there may be occasions when a student or other staff members accompany your physiologist. However, we will always seek your permission first.

Consent
You will be asked for consent to perform tests during your appointment. You will also have an opportunity to ask questions before you give consent. In the unlikely event there are risks related to the test, these will be discussed with you before the test starts.

Test results
After your appointment your test results will be sent to your referring consultant, who will then contact you to discuss the results and the next steps in your treatment.
Risks
Due to the nature of the tests and the exertion required, some patients may feel dizzy or faint during testing, coughing is also common. Serious complications are rare and risks will be kept to a minimum by your physiologist.

Potential but rare complications
• Airway narrowing in those with sensitive airways.
• Heart attack in patients with previous cardiac disease.
• Sudden changes in blood pressure.
• Stroke
• Collapsed lung
• Retinal detachment.
These complications are very rare; you will be questioned by your physiologist prior to doing the tests to ascertain whether you are at increased risk.

If you cannot attend your appointment
If you need to rearrange your appointment, or no longer need an appointment, please call us on 01223 217065 at the earliest opportunity to advise us. The ability to reallocate appointments helps us to reduce waiting times.

Contacts/further information
If you are unsure about any of the information provided in this leaflet or have any other questions then please do not hesitate to contact the lung function department at Addenbrooke’s hospital on 01223 217065 or alternatively by contacting clinic 2A on 01223 216645.

Our opening hours are Monday-Friday from 08:30 to 16:30.