

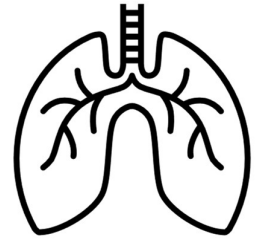


## **THE THREE SHIRES MEDICAL PRACTICE**

Colerne, Marshfield, Pucklechurch and Wick Surgeries

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# SPIROMETRY with FeNO

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Spirometry and FeNO are basic breathing tests which measures the amount of air you can blow out and the level of inflammation in your lungs. Your GP/Practice Nurse has requested this test to assess your lung function. The appointment will take around 1 hour 15 minutes in total (30-minute initial appointment, 30-minute wait, 15-minute follow up appointment).

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## **What happens during your appointment?**

The clinician performing the test will measure your height and weight then ask you to sit upright in a chair and hold the device (Spirometer or FeNO). You will then be asked to take a deep breath in and blow into the device slowly and gently then as hard and fast as you can until your lungs are completely empty. This routine will be repeated to ensure the results are consistent. You will then be given a puff of a bronchodilator and be asked to wait 30 minutes in the waiting room. You will then be invited back to repeat the Spirometry in to measure your response to the bronchodilator.

## **How to I prepare for the test?**

- **You must bring your inhaler/s and spacer (if used) to your appointment.**
- **You may need to stop certain inhalers before the appointment. We will let you know prior to the appointment what inhalers you may need to stop and for how long.**
- Avoid smoking at least **24 hours** before your test
- Do not attend the test if you are currently ill with a cough, fever, sickness, or diarrhoea.
- Hot drinks, caffeine and alcohol should be avoided for **four hours** before your test
- Avoid nitrate rich foods such as green leafy vegetables (i.e. celery, leek, beetroot, lettuce and spinach) at least **3 hours** before test.
- Avoid eating a large meal **2 hours** before the test.
- Avoid vigorous exercise in the last **1 hour** prior to your test.
- Please wear non-restrictive, comfortable clothing.

## **Please let us know prior to booking if one of the following applies:**

- Coughed up blood recently.
- Collapsed Lung
- Had a heart attack within the last six weeks.
- Uncontrolled angina.
- Had a stroke in the last six weeks.
- Had any eye surgery in the last six weeks.
- Had any thoracic or abdominal surgery in the last six weeks.
- Any thoracic abdominal or cerebral aneurysms
- Had a middle ear infection in the last two weeks

## **What happens after the tests?**

After your test the results will be interpreted by one of our clinicians. We will then be in contact with you with the results within a few weeks.