

Spirometry at Newtown Medical Centre

Your doctor has asked that you book in for spirometry, this will require about 1 hour of your time. A Spirometer is a device which measures the amount of air that you can blow out.

How is the test done?

You breathe in fully and then seal your lips around the mouthpiece of the Spirometer, you then blow out as fast and as far as you can until your lungs are completely empty. This can take several seconds. You may also be asked to breathe in fully and then breathe out slowly as far as you can. A clip may be put on your nose to make sure that no air escapes from your nose. The above routine may be done two or three times to check that the readings are much the same each time you blow into the machine.

In most cases you will be asked to do the Spirometry Test as described above then you will be given a medicine by inhaler or nebuliser which may 'open up' the airways. The Spirometry test is then repeated 15 minutes or so afterwards. The aim of this is to see if your airways open wider with medication or not.

When attending for your Spirometry Test please avoid the following:

- Smoking - for 1 hour prior to your appointment
- Vigorous exercise - 30 minutes prior to your appointment
- Eating a substantial meal - 2 hours prior to your appointment
- Using a Ventolin puffer, unless necessary - 4 hours prior to your appointment
- Using a long acting inhaler - 12 hours prior to your appointment
- Drinking alcohol - 4 hours prior to your appointment

The Spirometry Test should not be carried out if you are on antibiotics or you have had any of the following:

- Current chest infection
- Recent eye surgery - within 3 months
- Recent abdominal surgery - within 3 months
- Aneurysm - within 3 months
- Stroke - within 3 months
- Heart attack - within 3 months
- If you are coughing-up blood

The fee will be \$69.50, with an out of pocket cost to you of \$50