

Your spirometry testing:

- Bring your Health Card
- Bring a list of your current medications and inhalers

Location:	Date:	Time:

What is Spirometry?

- Spirometry is a breathing test that measures how fast and how much air you can blow out.
- Spirometry helps your healthcare provider to
 - ⇒ diagnose lung conditions like asthma and COPD (chronic obstructive pulmonary disease)
 - ⇒ find out how healthy your lungs are
 - ⇒ find out which medications help your breathing most
 - ⇒ find out why you have trouble breathing.

What happens during the spirometry test?

For this test, you breathe through a mouthpiece while wearing a small clip on your nose. You are asked to take big, deep breaths in and out through the mouthpiece. This is done as many times as needed to get results. Sometimes, you are also given inhaled medication(s), then you repeat the test to see if the medication works for you. The appointment takes 45 to 60 minutes.

Tell the staff if you feel light-headed, have chest pain, or have trouble breathing any time during your test.

How to get ready for your test

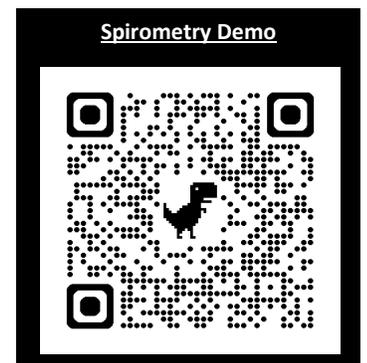
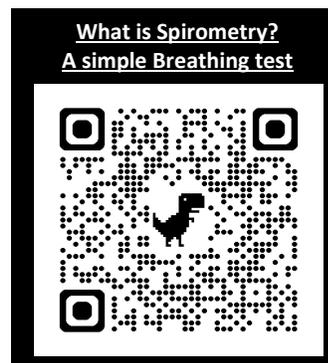
- **Do not** smoke or vape for 1 hour before your test
- **Do not** exercise for 1 hour before your test
- **Do not** eat a large meal before your test
- **Do not** drink alcohol for 1 day before your test
- Wear loose-fitting clothing to your test
- Use the bathroom before your test
- **Check the medication list** in this handout for which medications to stop before your test.
Restart them after the test, unless you are told not to.
- If you have any questions about your medications, please ask your family doctor, respirologist, or nurse practitioner before your test.

Tell the Spirometry office if you:

- Had surgery 1 to 2 months before your appointment
- Are allergic to any inhaled medications
- Had a lung infection in the last 1 to 2 months

For more information:

Visit the Lung Sask webpage (www.lungsask.ca) or follow the QR codes to watch videos about Spirometry testing and how it is performed.



Unless your physician or nurse practitioner has told you otherwise, some inhalers should be stopped before your spirometry test. Compare your inhalers to the chart below and stop them for the listed time before your appointment.

You will restart all medications after testing unless told otherwise.

If you have stopped any of these medications for your test but become short of breath, use them as normal and tell your technician which medication(s) you took and when.

Drug Class	Examples	Do not take for:	
Short Acting Beta Agonist (SABA)	Salbutamol (Ventolin[®] , Airomir[®]) Terbutaline (Bricanyl[®])	4 to 6 hours before test	
Short Acting Muscarinic Antagonist (SAMA) Bronchodilators	Ipratropium (Atrovent[®]) Salbutamol / Ipratropium (Combivent[®])	12 hours before test	
Long Acting Beta2-Agonist Bronchodilators (LABA) and (ICS/LABA)	Salmeterol (Serevent[®]) Formoterol (Foradil[®] , Oxeze[®]) Salmeterol / Fluticasone (Advair[®] , Wixela[®]) Budesonide / Formoterol (Symbicort[®]) Mometasone / Formoterol (Zenhale[®]) Mometasone / Indacaterol (Aectura[®])	24 hours before test	
Ultra Long Acting beta2 Agonist Bronchodilators (Ultra LABA)	Indacaterol (Onbrez[®]) Olodaterol (Striverdi[®]) Vilanterol / Fluticasone (Breo[®])	36 hours before test	
Long Acting Muscarinic (LAMA) and LAMA combinations LABA/LAMA ICS/LABA/LAMA	Vilanterol / Umeclidinium (Anoro[®]) Budesonide / Glycopyrrolate / Formoterol (Breztri Aerosphere[®]) Aclidinium / Formoterol (Duaklir[®]) Mometasone / Glycopyrronium / Indacaterol (Energair[®]) Umeclidinium (Incruse[®])	Tiotropium / Olodaterol (Inspiolto[®]) Glycopyrronium (Seebri[®]) Tiotropium (Spiriva[®]) Fluticasone / Umeclidinium / Vilanterol (Trelegy[®]) Aclidinium (Tudorza[®]) Indacaterol / Glycopyrronium (Ultibro[®])	36 hours before test
<u>Corticosteroids (ICS)</u> Fluticasone (Armony RespiClick[®] , Flovent[®]) Ciclesonide (Alvesco[®]) Fluticasone Furoate (Arnuity[®]) Mometasone (Asmanex[®]) Budesonide (Pulmicort[®]) Beclomethasone (Qvar[®])	<u>Oral Medication</u> Montelukast (Singulair[®]) Zafirlukast (Accolate[®]) Prednisone	Do Not Stop	

References: Graham BL et al. Am J Resp Crit Care Med 2019; 200(8):e70-e88

