How do I make an appointment?
Patients must be referred by a doctor, or their GP for a Spirometry assessment. Patients must have an appointment in order to have their tests performed, a walk-in service is not provided.

When can testing be performed?
The testing dates & times areas:

_____
_____
_____

.
Appointments are given according to availability. When you arrive for your appointment please check in at reception and you will be directed to your appointment from there.an.

Welcome to …….

We provide many services for people with breathing concerns including spirometry testing for GP patients.

Spirometry Test Location

Your test will be performed at

_____
_____

Car parking is available at

_____
_____

Public Transport

_____
_____

Please contact the Respiratory Physiologist at:

_____

if you have any queries regarding your appointment.

IICMS

NATIONAL CLINICAL PROGRAMME RESPIRATORY

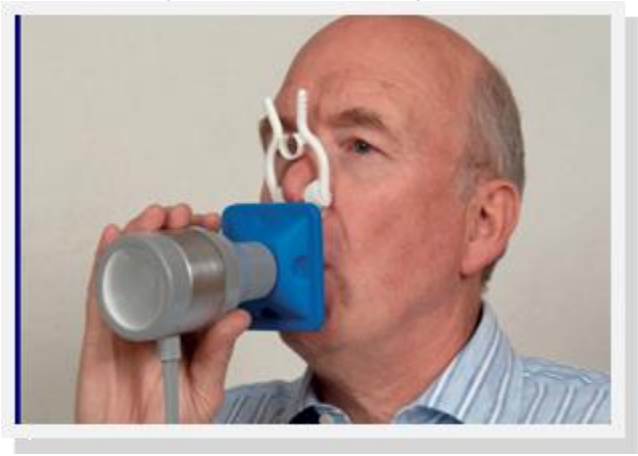
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

UNDERSTANDING YOUR SPIROMETRY TEST

This factsheet aims to give you information about what a spirometry test is and how it is done.

What is Spirometry?

A spirometry test measures how healthy your lungs are and can be used to help diagnose and monitor lung conditions. It can help determine the cause of shortness of breath and/or wheeze, which is often present in many lung diseases such as asthma, bronchitis or emphysema and COPD (smoking related diseases). Many of these lung diseases can be treated successfully if detected early.



courtesy https://vitalograph.ie

During the Spirometry test you will breathe out as much air as you can, as hard and as fast as you can into a device called a spirometer. (See picture)

The Respiratory Physiologist or a certified health care professional will instruct you clearly on how to perform this test. The Spirometry test will not cause you any pain, but it does require a lot of effort so you might feel a bit tired afterwards, as you would after some exercise.

How do I Prepare for a Spirometry Test?

Please refrain from the following before attending for your Spirometry Test:

- Performing vigorous exercise **30 minutes** prior to the test (e.g. cycling, running etc.)
- Smoking within **one hour**
- Eating a large meal within **2 hours**
- Consumption of alcohol within **4 hours**
- **Please check your appointment letter for information on taking inhalers prior to the test.**
- **Do not take any inhalers** before the test but please bring them with you so you can take them after if needed
- If you become breathless or feel unwell please take your inhalers and contact us to reschedule your appointment.

What happens if your test results look abnormal or if you have a lung condition?

Your respiratory physiologist or health care professional may ask you to inhale a medication that helps with breathing, wait 10-15 minutes and then repeat the test. This helps them to see whether any damage to the lungs is reversible and whether a prescription for an inhaler is likely to improve your breathing**.**

Understanding the results

Your GP or Consultant will use your results to decide how well your lungs are working. This will be used along with other clinical tests to give a fuller picture of your lung health. If you already receive treatment for asthma or COPD (such as an inhaler) the spirometry test can be used to check the treatment is helping your lungs to work as well as possible.

Results of a Spirometry assessment can sometimes indicated that you need to be referred to a hospital for additional lung function testing.