

Getting ready for spirometry



✓ **Bring** any medicines you are using with you, including inhalers (and any spacer device)



✓ **Wear** loose comfortable clothing to the test so that you can take a deep breath

Before your test



24 hours before

✗ Stop taking long acting once daily inhalers **24 hours before** the test

Inhaler name.....



12 hours before

✗ Stop taking long acting twice daily inhalers **12 hours before** the test

Inhaler name.....



6-8 hours before

✗ Stop taking short acting reliever inhalers **6 to 8 hours before** the test, unless you need to use them. If you do, you may need to change your appointment

Inhaler name.....



4 hours before

✗ Do not drink alcohol for at least **4 hours before** the test



1-2 hours before

✗ Do not eat a large meal within the **2 hours before** the test. Fluids (other than alcohol) may be taken

✗ Do not smoke for at least **1 hour before** the test



30 minutes before

✗ No heavy exercise for at least **30 minutes before** the test



Just before

✓ **Go to the toilet** right before the test

Spirometry test

Use your MedicinesList+ app to remind you when to stop taking your inhalers. It will also provide a handy list of all your medicines for any future medical appointments.

