



Unit 550 – 2525 Old Bronte Road, Oakville, ONT, L6M 4J2

Phone: 905-829-8269; Fax: 905-828-1690

SPIROMETRY TEST - PATIENT INSTRUCTIONS

THE SPIROMETRY TEST

The spirometry test is a valuable screening and monitoring tool for your lung health.

During the test, you will have a clip on your nose and will breathe in and out through a disposable mouthpiece. You will breathe normally at first, then take a deep breath in to fill your lungs, and you will then blast out the air as hard and as fast as possible to empty out your lungs. You will repeat this at least 3 times.

At the discretion of the physician, you may also be given a bronchodilator medication (e.g. salbutamol or Ventolin) to assess whether it makes a difference to the airflow in your breathing tubes (airways). This is helpful to diagnose or monitor conditions such as asthma. Most patients have no issues, but some may temporarily experience cough, palpitations, increased heart rate, tremors, headache, feeling nervous, or muscle contractions.

[CLICK HERE](#) or search “What is spirometry? A simple breathing test” on YouTube to watch a spirometry test demonstration video from the Canadian Lung Association.

PREPARATION FOR YOUR SPIROMETRY TEST

In preparation for your clinic appointment and spirometry test:

- Please arrive 15 minutes early to complete any relevant forms
- If you smoke, please do not smoke, vape, or use a waterpipe at least 1 hour prior
- Do not do any vigorous exercise 1 hour prior
- Do not use any intoxicant (e.g. excessive alcohol) 8 hours prior
- Please do not eat a large meal in the 2 hours prior
- Please wear comfortable clothing that does not restrict your chest or abdomen on the day
- If you are using any puffers or inhalers, please bring them along with you
- If you are a **new patient** to our clinic, if possible, please do not take any maintenance puffers or inhalers for 24-48 hours before your appointment. Please do not take any rescue puffers or inhalers (e.g. Ventolin (salbutamol), or Atrovent (ipratropium) for at least 6 hours. If you have symptoms and need to take your breathing medication, please go ahead and take it.
- If you are a **follow-up patient**, please continue taking your puffers or inhalers as prescribed.
- You may take all your other medications as usual.