Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
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Braybrook
Tenancy 2, 330 Ballarat Road, Braybrook 3019

Kilmore
75 Powlett Street, Kilmore 3764

Please read before your appointment
What happens, how to prepare and what to bring.

Your spirometry test

Date: _____ Time: _____ Clinic: ☐ Epping ☐ Brunswick ☐ Doncaster East ☐ Braybrook ☐ Kilmore

Spirometry measures how much air you can breathe in, how much you can blow out and how quickly you can blow it out. It is the most reliable way to test your lungs for asthma and COPD (chronic obstructive pulmonary disease), and it is also used to look into symptoms such as cough or breathlessness, to check whether a medicine is working and to monitor a lung condition over time.

What happens during the test

- Spirometry is painless. A soft clip goes on your nose and you breathe through a mouthpiece connected to the machine: you take in the biggest breath you can, then blast the air out as hard and fast as possible until your lungs are completely empty. The respiratory scientist coaches you through each blow, which is repeated three or more times so the results are consistent.
- "Post-bronchodilator": you may then be given a reliever medicine to breathe in, and the blows are repeated about 15 minutes later to see whether your airways open up in response.
- The main measurements are FVC (the most air you can blow out after a full breath in) and FEV1 (how much of it comes out in the first second). A low FEV1 suggests narrowed airways, as in asthma or COPD.

Before your test

- Withhold your inhalers for the times in the table below — some medicines hide what the test is trying to measure.
- Bring all your inhalers and a list of your medicines and doses.
- No smoking or vaping for 1 hour, no alcohol for 8 hours, no vigorous exercise for 1 hour and no large meal for 2 hours before the test.
- If you are unwell on the day, call us before you come — the test may need to be rebooked.

On the day

- Wear loose, comfortable clothing.
- Bring your referral and Medicare card. Lung function tests are bulk billed with a current referral.
- Allow 45–90 minutes for your visit — most patients have more than one breathing test at the same appointment.

Do not stop a medicine you need to stay safe. If you need your reliever, take it and tell the scientist when you arrive — we can still test you or rebook. Unless your doctor or our reception team has told you otherwise, withhold the medicines below for the times shown; if you are unsure about any medicine, call (03) 9422 0077 before your appointment.

Medicines to withhold before the test

Medicine (examples)	Withhold for
Reliever puffers — salbutamol (Ventolin, Asmol, Airomir), terbutaline (Bricanyl)	4–6 hours
Ipratropium (Atrovent)	12 hours
Twice-daily long-acting and combination inhalers — Seretide, Symbicort, Flutiform, DuoResp, Fostair, Serevent, Oxis	24 hours
Once-daily long-acting inhalers (Breo Ellipta, Trelegy, Anoro, Ultibro, Spiolto, Onbrez, Striverdi), twice-daily triple-therapy inhalers (Trimbow, Breztri) and long-acting anticholinergics (Spiriva, Seebri, Incruse, Bretaris)	36–48 hours
Preventer-only inhaled steroid (Flixotide, Pulmicort, Qvar, Alvesco), montelukast (Singulair), antihistamines, theophylline (Nuelin)	Take as usual
Caffeine — coffee, tea, cola, energy drinks, chocolate	Avoid on the morning of the test

Your results

A respiratory scientist performs the tests and one of our respiratory physicians reports them. The report is sent to your referring doctor within two weeks. If your GP referred you for the tests only, your GP goes through the results with you (and can ask us for a consultation if the report recommends one); if you are already seeing one of our physicians, the results are discussed at your next appointment. If you have not heard from your doctor three weeks after the test, call (03) 9422 0077.

Cost, cancellations and questions

- Lung function tests are bulk billed with a valid referral — there is no charge for the test.
- To change or cancel your appointment, call (03) 9422 0077 during business hours (Monday to Friday, 9:00 am – 5:00 pm). Please give at least 48 hours' notice.
- Arabic (العربية), Chinese (中文) and Vietnamese (Tiếng Việt) versions of these instructions are available from reception.
- Questions: (03) 9422 0077. Full guide online: **sleepandlungcare.com.au/our-service/spirometry**

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