

Spirometry Testing

Please note the following before attending your appointment:

- Do NOT wear tight clothing
- Do NOT smoke for 24 hours before the appointment
- Do NOT do any vigorous exercise 30 minutes before the test
- Do NOT drink any alcohol for 4 hours before the test
- Do NOT eat anything 2 hours before the test
- Do NOT use any of your inhalers on the day of your Spirometry test but please BRING THEM with you to the appointment.

If you do have any questions about the test before the appointment please contact one of the Practice Nurses.