

## **For diagnostic spirometry**

Patients should be instructed to STOP:

- Short acting bronchodilators for 4 hours
- Long acting beta 2 agonist bronchodilators for 8 hours
- Long acting anticholinergic bronchodilators for 36 hours.
- CONTINUE inhaled and oral steroids.

Ask the patient to avoid:

- Smoking for at least 24 hours before the test
- Eating a large meal before the test Vigorous exercise before the test
- Wearing tight clothing

Ask the patient to bring existing inhalers to the appointment

Absolute contraindications to spirometry:

- Active infection eg AFB positive TB until treated for 2 weeks
- Conditions that may cause serious consequences if aggravated by forced expiration eg dissecting/unable aortic aneurysm, current pneumothorax, recent surgery including ophthalmic, thoracic abdominal or neurosurgery.

Relative contraindications to spirometry:

- Suspected respiratory infection in the last 4-6 weeks
- Undiagnosed chest symptoms eg haemoptysis
- Any condition which may be aggravated by forced expiration
  - o Eg history of prior pneumothorax; unable vascular status such as recent (within 1 month) myocardial infarction, uncontrolled hypertension or pulmonary embolism or history of haemorrhagic event (stroke); previous thoracic, abdominal or eye surgery.
- If the patient is too unwell to perform forced expiration
- Communication problems such as learning disability or confusion.

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