



waikanaehealth

SPIROMETRY TESTING

You have booked in your Spirometry Test for:

Date:

Time:

The test takes 1 hour. The cost is \$50 (unless you have been advised otherwise) and is due the same day.

Do NOT use your preventative inhaler within 12 hours of your test.

Advice for your Spirometry test:

- **Do not use a Broncho-dilator eg) Ventolin, Bricanyl, 2-3 hours prior to your test**
- **Do not drink alcohol within 8 hours of your test**
- **Do not eat a large meal or do strenuous exercise within one hour of your test**
- **Do not smoke for at least 4 hours before your test**
- **Do not vape/water pipe for at least 1 hour before your test**
- **Do not wear restrictive clothing; wear loose fitting clothes**
- **Please bring your Broncho-dilator with you**
- **Please advise us of any recent change in medication or signs of a respiratory infection**