

Patient Instructions for Spirometry Testing



north simcoe
family health team

Location: Huronia Medical Centre (Suite #100)

Address: 240 Penetanguishene Road. Midland, ON. L4R 4P4

Office number: 705-526-7804 (ext. 216)

PRIOR TO YOUR SPIROMETRY TEST:

Appointment Date/Time: _____

Please do not take any of your inhaled medications on the day of your test.
(unless you have been instructed otherwise by your Primary Health Care Provider)

Further Instructions:

****If needed for SYMPTOM RELIEF, a rescue inhaler SHOULD BE USED. (Short-acting bronchodilator)**
Please note the time of use so it can be reported to the technologist conducting the test**

Please also avoid the following prior to testing:

- Smoking within at least 2 hours of testing
- Consuming alcohol within 4 hours of testing
- Performing vigorous exercise within 30 minutes of testing
- Eating a large meal within 2 hours of testing
- Wearing clothing that substantially restricts full chest and abdominal expansion

Please remember to bring the following to your appointment:

- Health Card
- All Medications
- Your Action Plan
- Inhaled Spacer Device ie: Aerochamber (if you have one)

