

## **Preparation for spirometry testing**

Please try to adhere to these points prior to your appointment with the nurse in case we should need to perform this test.

- Please do not smoke within 24hrs of your appointments
- No alcohol within 4hrs of your appointment
- Do not eat a large meal within 2hrs of your appointment
- Do not take your blue inhaler within 2hrs of your appointment
- No vigorous exercise within 30 minutes of your appointment
- Do not wear tight fitting clothing to your appointment

Thank you for your co-operation