

What precautions should be taken?

Consult your healthcare provider before the test if you are pregnant, have any medical conditions, or have concerns about your ability to participate.

Inform the staff immediately if you experience any of the following:



Chest pain



Severe shortness of breath



Dizziness or Lightheadedness



Headache

Respiratory Function Laboratory
TTSH Medical Centre, Level 4
Contact: 68894332
6256 6011 (General Enquiries)



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>



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Department of Respiratory Function Laboratory

Spirometry



What is Spirometry?

Spirometry is a common and simple procedure that tests how well your lungs work. It measures your lung capacity and how fast you can breathe in and out.

This test helps your doctor to:

- Diagnose conditions such as Chronic Obstructive Pulmonary Disease (COPD), Interstitial Lung Disease (ILD), and other respiratory issues.
- Monitor lung health and effectiveness of treatment.
- Assess your lung function before surgery or certain medical procedures.



How is Spirometry conducted?

What to expect:

- You will be instructed to take a deep breath and exhale as hard, as fast, and as long as you can into a mouthpiece connected to a spirometer while your nose is clipped.
- The test is often repeated a few times to assure the results are accurate and consistent.
- Your doctor may request you to use an inhaler that helps to open your airways. The test will then be repeated after 10 minutes to see if your breathing has improved.
- You may feel breathless or dizzy afterwards, but this is temporary and will go away.



How to prepare for the test?



Avoid smoking at least 24 hours before the test.



Remove any mouth or nose jewellery.



Do not eat heavy meals before the test.



Avoid heavy exercise at least 6 hours before the test.



Dress comfortably and avoid overly tight clothes.



Avoid **Short-acting inhalers** for at least **8 hours** or **Long-acting inhalers** for at least **24 hours** before the test.

Examples:

Long-acting bronchodilator or inhalers



Symbicort



Anoro
Ellipta



Spiolto
Respimat



Seretide

Short-acting bronchodilator or inhalers



Salbutamol

When will I get the test result?

- You will receive an early copy of your results after the test. Your doctor will go through the results with you at your follow-up visit.