

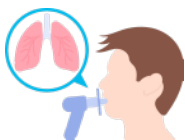
What is a Spirometry Test?



A Spirometry test evaluates how effectively your lungs are functioning. This test serves multiple purposes:

- Helps to diagnose lung conditions, such as chronic obstructive pulmonary disease (COPD) and asthma
- Assesses an individual's current lung function
- Monitors the effectiveness of treatments for COPD and asthma

A Spirometry test is a key tool for diagnosing COPD and asthma, but a normal result does not rule out all lung conditions — in some cases, such as asthma, the test may appear normal even when the condition is present.



The spirometry test consists of three key steps:

1. Form a tight seal around the mouthpiece connected to the spirometer using your lips
2. Take a deep breath in through your mouth, then exhale into the mouthpiece as forcefully and quickly as possible until your lungs are fully empty
3. Repeat this process three more times to ensure precise results. If needed, a bronchodilator test may also be conducted

Schedule your Spirometry Appointment



1

You should have received a referral from your doctor for this test, if required

2

Book your spirometry test via Healthhub



3

Your results will be sent directly to your doctor for review at your next consultation

Disclaimer: This brochure is intended solely for educational purposes. Given the uniqueness of each individual's medical condition, the information provided in this booklet should not be considered a substitute for personalised medical attention, diagnosis, or treatment. If you have health-related concerns, we strongly recommend consulting your healthcare provider or a qualified medical professional without delay.



Spirometry Test

Visit www.nhgd.com.sg for more information

Brought to you by:



Bronchodilators / Inhalers to Avoid Before Testing

6 Hours before Test



Ventolin

Salbuair

Atrovent

Berodual

Zenmolin tablets

12 Hours before Test



Seretide Accuhaler

Seretide Evohaler

Relvar



Symbicort Turbuhaler



Symbicort Rapihaler



DuoResp Spiromax

24 Hours before Test



Spiriva



Neulin SR tablets



Incruse ® Ellipta



Anoro ® Ellipta (LAMA/LABA)

What to Expect at a Spirometry Test

Before

- Bring along your ID and referral form
- Wear loose, comfortable clothing
- Do not smoke at least 1 hour before test
- Do not drink alcohol for at least 4 hours before test
- Do not eat a large meal at least 2 hours before test
- Do not exercise heavily for at least 2 hours before test
- Follow your doctor's or nurse's instructions on which inhaled or oral medications to avoid before the test

During

- Height and weight measurements will be taken
- A step-by-step demonstration of the procedure will be provided
- During the test, you will be asked to take a deep breath and blow out as forcefully as possible
- The entire procedure typically takes about 20 to 45 minutes

After

- Your results will be sent directly to your doctor
- A time chit is available upon request; no medical certificate will be given

When Spirometry May Not Be Suitable for You?

A Spirometry test is safe for most individuals; however, you may experience shortness of breath or dizziness briefly after completing the test.

A Spirometry test may not be appropriate for you if you have:

- Recently suffered a heart attack or stroke
- Recently undergone eye or abdominal surgery
- Reached late-term pregnancy
- Recently coughed up blood

Please consult your doctor to determine if a spirometry test is suitable for your situation.

Appointment Reminders

- Please arrive on time for your appointment
- Reschedule your appointment if you feel unwell on the day of the test
- To reschedule your appointment, please use the weblink provided in your appointment confirmation SMS to change or cancel your booking