

Preparing for Your Breathing Test (Spirometry)

Please read carefully before your appointment — what you do beforehand matters.

ON THE DAY — THINGS TO AVOID

- No smoking or vaping for at least **1 hour** before your test
- No alcohol for at least **8 hours** before your test
- No vigorous exercise for at least **1 hour** before your test

WHAT TO DO BEFORE YOU ARRIVE

- Wear **loose clothing** that does not restrict your chest or belly
- **Empty your bladder** before the test

WITHHOLD YOUR INHALER BEFORE THE TEST

If you are having spirometry as a diagnostic test, you need to **stop** your inhaler before the appointment. The required time depends on the type:

Medication Type	Withholding Time
Short-acting beta₂ agonists (SABAs) Salbutamol, Terbutaline <i>e.g. Asmol, Ventolin, Bricanyl</i>	4 hours withhold before test
Short-acting muscarinic antagonists (SAMAs) Ipratropium <i>e.g. Atrovent</i>	12 hours withhold before test
Long-acting beta₂ agonists — twice daily (LABAs) Formoterol, Salmeterol <i>e.g. DuoResp Spiromax, Flutiform, Oxis, Symbicort, Seretide</i>	24 hours withhold before test
Long-acting beta₂ agonists — once daily (LABAs) Indacaterol, Olodaterol, Vilanterol <i>e.g. Onbrez, Ultibro, Spiolto, Anoro, Breo, Trelegy</i>	36 hours withhold before test
Long-acting muscarinic antagonists (LAMAs) Aclidinium, Glycopyrronium, Tiotropium, Umeclidinium <i>e.g. Bretaris, Seebri, Braltus, Spiriva, Spiolto, Incruse, Trelegy</i>	

***Combination inhalers:** If your inhaler contains more than one medicine from this list, use the longer withholding time.

IF YOU USE A RELIEVER INHALER (E.G. FOR ASTHMA OR COPD)

Please bring your inhaler and spacer. Please bring your inhaler and spacer with you. You may be asked to use it during the test to check how well your airways respond to medication. If you need your reliever before your appointment for symptom relief, **use it** — your comfort comes first. Just let the clinic know.

Important — asthma preventer inhalers: If you take a long-acting inhaler combined with a preventer (inhaled corticosteroid) for asthma — such as Symbicort or Seretide — do not stop it unless your doctor has specifically told you to.