

## Spirometry

*What is it?*

*Spirometry or Lung Function Testing is the measurement of air moving in and out of the lungs.*

*The purpose of Spirometry is to provide an objective assessment of your function to:*

- ♦ *Aid diagnosis*
- ♦ *Monitor progress*
- ♦ *Optimise clinical management*

*To ensure the best and most consistent results are obtained, the test is repeated a minimum of 3 times and a maximum of 6 times. This is performed both before and after using a bronchodilator (Ventolin).*

*For the most accurate results, please avoid using your reliever medication, e.g. Ventolin, Bricanyl for 4 hours prior to your test.*

*The aim is to achieve your best lung function with the minimum doses of medication and minimum number of exacerbations.*

## SPIROMETRY

This brochure has been produced as a resource for our patients.

Any questions regarding your health should be discussed with your doctor.

**Burwood Health Care**

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[www.burwoodhealthcare.com.au](http://www.burwoodhealthcare.com.au)

Weekdays: 8am to 10pm

Weekends: 8am to 8pm

Public Holidays: 8am to 8pm

# Burwood HealthCare

## PATIENT HEALTH INFORMATION



## SPIROMETRY

# Spirometry

## Who to see:

Referral for Spirometry is from your doctor. The session is for 30 minutes conducted by a Registered Nurse in a one to one consultation, concluding with feedback and advice from your doctor.

Regular review is essential as there may be room for improvement, or, to decrease your medications if you are stable. With new medications constantly being introduced, there may be an opportunity to update your treatment.



## How is the test performed?

In a spirometry test, you breathe into a mouthpiece that is connected to an instrument called a spirometer. The spirometer records the amount and the rate of air that you breathe in and out over a period of time.

For some of the test measurements, you can breathe normally and quietly. Other tests require forced inhalation or exhalation after a deep breath.

## Asthma Management:

Knowledge is the key to good Asthma management. This includes learning to recognize the triggers and avoiding them if possible. It is also important to know what to do when you or your child has an Asthma attack.



## Some Tips:

- \* Regularly review your Asthma with your doctor and Asthma Educator.
- \* Avoid medications that trigger Asthma. Discuss this with your doctor.
- \* Exercise regularly (in warm humid air rather than intensely in cold, dry air).
- \* Keep the home well ventilated. If possible, remove carpets, feather or down doonas, soft toys and furnishings.
- \* Avoid outdoor activities on windy, spring days when grasses and pollens may be a trigger.
- \* Develop coping strategies which will help to minimize stress and anxiety.
- \* Consult a dietitian regarding foods and food additives to avoid.



## FURTHER INFORMATION

### Burwood Health Care

*Jennifer Hilakari Div. I. Registered Nurse  
Spirometry sessions twice per week*

### Asthma Foundation of Victoria

*Asthma facts, programs, events, helpline, advice, education and counselling updates. Metro and country community seminars.*

*Ph: 1800 645 130  
www.asthma.org.au*

### The Australian Lung Foundation

*Extensive information on lung health, treatment and prevention of lung disease, plus details of patient support groups in Australia.*

*Ph: 1800 654 301  
www.lungfoundation.com.au*

### National Asthma Council Australia

*Information, management and advice on Asthma.*

*Ph: 03 9929 4333  
www.nationalasthma.org.au*