

## **SPIROMETRY (pulmonary function test)**

Book an appointment from ISLAB's Spirometry Appointment Service at: [www.islab.fi/ajanvaraus](http://www.islab.fi/ajanvaraus) or Monday to Friday at 12noon-2pm tel. 044 7178888 (call back service at 8am-12am).

### **Test purpose**

The test measures pulmonary ventilation capacity, nature and degree of pulmonary disorder. If necessary, impact of a bronchodilator can be measured (bronchodilator test).

### **Preparation**

- Do not smoke for 2 hours before the test.
- Avoid coffee, tea, coke and other stimulants as well as a heavy meal for 4 hours prior to the test.
- Avoid heavy physical strain for 2 hours prior to the test.
- Avoid alcohol for 24 hours prior to the test.
- It is recommended that the test should not be performed until 2 weeks have elapsed from recovery of a pulmonary infection (flu for example).

### **Follow instructions given by the medical care unit:**

- The test is **diagnostic**:
  - Take your heart, blood pressure, diabetes and similar medication as usual.
  - Do not take bronchodilators prior to the test.
- The test measures **response to treatment**:
  - Take your heart, blood pressure, diabetes and similar medication as usual.
  - Take your asthma/COPD treatment medication as usual.

Take your valid prescriptions or medication card with you. We hope that you do not bring small children with you to the test.

### **The test**

You will be asked to take in as big and deep a breath as possible and then blow out as hard as you can through a mouthpiece into a measuring device. A reliable test requires several inhalations and exhalations. The test takes about 45 minutes.

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other kind of instructions.

You medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.

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| Contact information of your medical care physician/nurse |  |
| Contact information of the laboratory                    |  |

| <b>Medicines impacting spirometry and PEF test results (trade names)</b><br>Prior to a <b>diagnostic</b> pulmonary function test the patient should not take the following medication for at least as long as written below.  |   |  |
|---|---|--|
| <p><b>ANTICHOLINERGY</b><br/> <b>Short-acting:</b><br/> <b>24 h</b><br/>                     Atrovent<br/>                     Ipraxa<br/> <b>Long-acting:</b><br/> <b>48 h</b> Eklira<br/> <b>3 days</b> Incruse<br/> <b>4 days</b> Spiriva<br/> <b>12 days</b> Seebri</p> <p><b>ANTICHOLINERGY+ SYMPATHOMIMETICS</b><br/> <b>Short-acting:</b><br/> <b>24 h</b><br/>                     Atrodual<br/>                     Atrovent comp<br/>                     Ipramol<br/> <b>Long-acting:</b><br/> <b>48 h</b> Duaklir<br/> <b>3 days</b> Anoro<br/> <b>12 days</b> Ultibro</p> <p><b>EPHEDRINE</b><br/> <b>12 h</b><br/>                     Efedrin<br/>                     Efedriini<br/>                     Efedriini hydrokloridi</p> <p><b>PHENYL-PROPYLAMINE</b><br/> <b>12 h</b> Rinexin</p> <p><b>CORTICOSTEROID + LONG-ACTING SYMPHOMIMETICS</b><br/>                     If the idea is to disclose steroid impact, the time limit is 4 weeks, otherwise 48 h or 72 h.<br/> <b>48 h or 4 weeks</b><br/>                     Bufomix<br/>                     Flutiform<br/>                     Innovair<br/>                     Seretide<br/>                     Symbicort<br/> <b>72 h or 4 weeks</b><br/>                     Relvar</p> | <p><b>CORTICOSTEROIDS</b> If the medical care physician intends to test a situation without probable steroid impact.<br/>                     (*=pause only if used for treatment of asthma or COPD)<br/> <b>4 weeks</b><br/>                     Aerobec<br/>                     Alvesco<br/>                     Asmanex<br/>                     Beclomet<br/>                     Budenofalk<br/>                     Bunesonid(e)<br/>                     Dexametason<br/>                     Entocort<br/>                     Flixotide<br/>                     Flutide<br/>                     Hydrocortison *<br/>                     Medrol *<br/>                     Novopulmon<br/>                     Prednisolon *<br/>                     Prednison *<br/>                     Pulmicort<br/>                     Solomet *</p> <p><b>LEUKOTRIENE ANTAGONIST</b><br/> <b>3 days</b><br/>                     Accolate<br/>                     Astecon<br/>                     Montelukast<br/>                     Singulair</p> <p><b>OTHER ANTI-INFLAMMATORY DRUGS</b><br/> <b>5 days</b> Daxas</p> | <p><b>NATRIUMCHROMOGLICAT AND NEDOCHROMILUM</b><br/> <b>12 h</b> Lomudal<br/> <b>24 h</b> Tilade</p> <p><b>SYMPATHOMIMETICS</b><br/> <b>Short-acting bronchodilators</b><br/> <b>12 h</b><br/>                     Adrenalin, EpiPen<br/>                     Airomir<br/>                     Bricanyl<br/>                     Buventol<br/>                     Racinephrine<br/>                     Salbutamol<br/>                     Ventilastin<br/>                     Ventoline<br/> <b>Long-acting</b><br/> <b>48 h</b><br/>                     Cykloferol<br/>                     Fomeda<br/>                     Foradil<br/>                     Formaxa<br/>                     Formoterol<br/>                     Oxis<br/>                     Serevent<br/> <b>7 days</b><br/>                     Onbrez<br/>                     Striverdi</p> <p><b>THEOPHYLLINES</b><br/> <b>3 days</b><br/>                     Aminocont<br/>                     Euphylong<br/>                     Nuelin depot<br/>                     Retafyllin<br/>                     Theofol<br/>                     Theofol comp<br/>                     Theofylliini</p> <p><b>COUGH MEDICINES</b><br/> <b>3 days</b><br/>                     All</p> |