ISLAB
LABORATORIOKESKUS

Potilasohje
30.10.2026
1.2.246.10.21261066.100.15.2026.3.62.1

SPIROMETRY (pulmonary function test)

- Tests: Pt-FVSpiO 6006 and Pt-FVSpiDO 6007
- Please book an appointment at: www.islab.fi or tel. 044 717 8888.

Preparation

- Do not smoke or use any other nicotine products 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. If necessary, impact of a bronchodilator can be measured (bronchodilator test). The test takes about 45 minutes.

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Medicines impacting spirometry and PEF test results (trade names)

Prior to a **diagnostic** pulmonary function test the patient should not take the following medication for at least as long as written below.

SYMPATHOMIMETICS
Short-acting bronchodilators
12 h
Airomir, Bricanyl, Buventol, Ventoline
Long-acting
48 h
Cykloterol, Formoterol, Oxis, Serevent
3 days
Onbrez, Striverdi

ANTICHOLINERGY
Short-acting:
12 h
Atrovent, Atrovent ECO
Long-acting:
3 days
Eklira, Incruse
7 days
Seebri
>7 days
Spiriva, Srivasso, Tiogiva

ANTICHOLINERGY +SYMPATHOMIMETICS
Short-acting:
12 h
Atrodual, Atrovent comp

ANTICHOLINERGY +SYMPATHOMIMETICS
Long-acting:
3 days
Anoro, Duaklir
7 days
Bevespi, Ultibro
>7 days
Inspiolto, Yanimo

CORTICOSTEROIDS
4 weeks if diagnostic test. Otherwise, list of recently used medicines should be provided.
4 weeks
Aerobec, Alvesco, Asmanex, Beclomet, Bunesonid(e), Flixotide, Hydrocortison, Medrol, Prednisolon, Prednison, Pulmicort, Solomet

CORTICOSTEROID + LONG-ACTING SYMPATHOMIMETICS
4 weeks if diagnostic test. Otherwise, list of recently used medicines should be provided.
4 weeks
Aforbe, Atectura, Befoair, Bufomix, Flutiform, Innovair, Relvar, Salflumix, Salmex, Seretide, Serkep, Symbicort

CORTICOSTEROID + LONG-ACTING ANTICHOLINERGY + LONG-ACTING SYMPATHOMIMETICS
4 weeks if diagnostic test. Otherwise, list of recently used medicines should be provided.
4 weeks
Enerzair, Trelegy, Trimbow, Trixeo

LEUKOTRIENE ANTAGONIST
4 weeks
Montelukast, Singulair

XANTHINE DERIVATIVES
24 h
Retafyllin

OTHER ANTI-INFLAMMATORY DRUGS
4 weeks if diagnostic test. Otherwise, list of recently used medicines should be provided.
4 weeks
Daxas

OTHER BRONCHODILATORS
12 h
Efedrin(e)

Let the laboratory personnel know if you were not able to follow these instructions or if you were given other kinds of instructions. If you have any questions regarding the sample collection, please contact ISLAB's customer service by calling tel. 044 457 0740. Your own doctor or nurse will answer any questions you may have about your tests and results.