

## **SPIROMETRY GUIDELINES**

### ***Please read and follow all instructions***

When booking appointments, please ask to see the referral and take a moment to see what the clinician wrote. This may help to clear up a lot of confusion.

#### **For 4 hours prior to test:**

- **Do not** use quick relief bronchodilator inhaler (e.g. albuterol, pirbuterol, metoprolol, Proventil®, Ventolin®, Maxair®, Alupent®)
- **Do not smoke.**
- **Avoid** coffee, chocolate, and caffeinated teas/soda.

Continue taking all of your other medications (including Serevent® and steroid inhalers) as directed.

Please bring your quick relief bronchodilator inhaler to your test.

- ALL CANCELLATIONS should be LOGGED in the Specialty Clinics Cancellation Log, regardless of time or excuse for cancellation. We MUST be able to track these patients and accurately assess access to appointments.

#### **ROUTINE APPOINTMENTS:**

- “SPEC” is the appointment type
- This is a 30 minute slot.

#### **PRE AND POST BRONCHODILATOR APPOINTMENTS:**

- “NEW” is the appointment type
- This is a 60 minute slot.

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