



HASTINGS

Internal and Family Medicine

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Spirometry Instructions

Date of test: _____

If you have questions or are having increased breathing problems, please call the office!

1. Wear comfortable loose-fitting clothing that will not restrict your breathing.
2. Avoid a heavy meal or alcohol for at least 2 hours before your test.
3. Refrain from smoking for at least 2 hours before your test.
4. Bring all your inhalers and aerochamber (spacer device) to the appointment if you have them.
5. If possible, do not use rescue inhalers or nebs for 6 hours before your test. ***If you are unable to refrain from using your rescue inhaler, please inform your us at your reminder call or when you arrive for the test.*** Rescue inhalers include any of the following medications:
 - Albuterol
 - DuoNeb
 - Ventolin
 - ProAir
 - Proventil
 - Combivent
 - Atrovent
 - Maxair
 - Xopenex
6. Do not use long-acting inhalers for 24 hours before your test (this includes all other inhaled medications not mentioned above)