Advice for patients attending Spirometry during Covid-19

* You MUST have had 2 Covid Vaccinations and it musty have been more than 2 weeks since your 2nd dose
* If you test positive for Covid-19, have symptoms o Covid-19 or feel otherwise unwell please DO NOT attend your appointment
* You MUST take a lateral flow test on the morning of your appointment and the result must be NEGATIVE. (You can order lateral flow tests by calling 119 and saying you have been requested to do a test for a medical appointment).
* If you have inhalers, try not to take ANY inhalers on the day of your test. If you feel it necessary to use one or more of your inhalers, PLEASE let the nurse know prior to the test.
* If you have recently had antibiotics or oral steroids, please let the surgery know. Unfortunately, it is best to wait 6-8 weeks following the course of these medications before we can do the Spirometry test.

PRIOR TO YOUR APPOINTMENT, PLEASE AVOID THE FOLLOWING:

* Smoking 1 hour before
* Drinking alcohol 4 hours before
* Eating a substantial meal 2 hours before
* Drinks containing caffeine 12 hours before
* Vigorous exercise 30 minutes before

You may wish to wear non-restrictive, loose-fitting clothing and empty your bladder prior to the appointment.

YOU MAY WISH TO ARRIVE 10 MINUTES PRIOR TO YOUR APPOINTMENT TO ENSURE YOU HAVE RESTED.

If you have any questions please contact Sister Claire Perkins (Nurse Practitioner).