



Instructions for Patients Undergoing Spirometry at URI Health Services

Thank you for choosing URI Health Services for your source of medical care. Please review these instructions to prepare for your scheduled procedure so that we can insure a safe and pleasant experience.

All patients undergoing spirometry testing must complete a Pre-Spirometry Questionnaire. We recommend you access this on-line, before your scheduled appointment, through the URI Health Services Patient Portal:

www.health.uri.edu

then select Patient Portal from the menu on the left

If you are unable to complete this questionnaire on-line you will be required to complete it at appointment check-in. Please complete the questionnaire in advance to avoid unnecessary delay or rescheduling of your appointment. If you are unable to complete it in advance, please arrive 10 minutes prior to your appointment to allow you time to complete the questionnaire.

For All Patients Undergoing Spirometry

- Do not eat a large meal within an hour of the test.
- Do not smoke for at least one hour prior to the test.
- Wear loose comfortable clothing.

For Patients Undergoing Diagnostic Spirometry (Asthma Testing) with Pre and Post Bronchodilator Studies

- **Do not use a short acting inhaler** such as albuterol (ProAir, Ventolin, Proventil), levalbuterol (Xopenex), pirbuterol (Maxair), ipratropium (Atrovent), tiotropium (Spiriva), Combivent or DuoNeb **within 4 hours of the test.**
- **Do not use a long acting bronchodilator** such as salmeterol (Serevent), formoterol (Foradil), Advair, Symbicort, Dulera, theophylline, aminophylline **within 12 hours prior to the test.**
- **Do not use an extended release theophylline (Theo-24) within 24 hours prior to the test.**