



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.

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.**