

Chronic Disease Management Program

Respiratory Program

Tel #: 519-997-2827 Ext. 341

E Fax #: 226-216-5179

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Spirometry Testing Clinic

Spirometry means “the measuring of breath”. It measures overall lung health, specifically the amount and speed of air that can be blown out. Your health care professional is well-trained in administering the test and will help with step-by-step instructions during the visit.

What Happens at this Visit?

- Completion of registration paperwork
- Your medications will be reviewed & updated in your chart
- Spirometry test
- Appointment booked for your individualized care plan and referral to other services if needed
- Your appointment will last 30 to 45 minutes

What to Bring:

- Health Card
- Medication list or medication in original bottles
- Any paperwork with important health information
- Bring a Rescue Inhaler (Ventolin or Salbutamol)
- Your schedule so we can book a follow-up appointment if needed

Spirometry Testing Clinics are offered at below sites **(Clients must have a booked Appointment)**:

- Pickwick Site: 7621 Tecumseh Rd. E., Windsor ON, N8T 3H1
- Sandwich Site: 3325 College Ave, Windsor ON, N9C 4E6
- Leamington Site: 33 Princess St., Suite 460 Leamington ON, N8H 5C5

BEFORE THE TEST APPOINTMENT AVOID:

- Smoking - 1 hour
- Drinking alcohol - 4 hours
- Vigorous exercise - 30 minutes
- Eating a large meal - 2 hours
- Wearing tight or restrictive clothing

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Healthcare for You
Des soins de santé pour vous

DO NOT take these Medications the day of the test, unless told otherwise:

Time before test to avoid:	Medication (Inhalers):	
4 hours (can be used in emergency)	Salbutamol (Ventolin, Airomir) Ipratropium bromide (Atrovent)	Terbutaline (Bricanyl) Ipratropium/Salbutamol (Combivent)
12 hours	Salmeterol (Serevent) Formoterol (Oxeze)	Acidinium (Tudorza) Formoterol (Foradil)
24 hours	Indacaterol (Onbrez) Umeclidinium/Vilanterol (Anoro) Indacaterol/Glycopyrronium (Ultibro) Acidinium/Formoterol (Duaklir) Salmeterol/Fluticasone (Advair) Montelukast (Singulair)	Tiotropium (Spiriva) Glycopyrronium (Seebri) Budesonide/Formoterol (Symbicort) Tiotropium/Olodaterol (Inspiolto) Mometasone/Formoterol (Zenhale) Vilanterol/Fluticasone (Breo) Fluticasone furoate/umeclidinium (as bromide)/vilanterol (as trifenate) (Trelegy)

CONTINUE taking the following medications:

Fluticasone (Flovent, Arnuity), Budesonide (Pulmicort), Mometasone (Asmanex), Ciclesonide (Alvesco), Beclomethasone (QVAR), Prednisone, Roflumilast (Daxas)

****If you have experienced any of the following conditions within THE LAST 3 MONTHS please inform your health care provider and/or Doctor:**

- Heart attack or pulmonary embolism (clot in lung)
- Thoracic, abdominal, or cerebral aneurysm and/or stroke
- Eye surgery and/or significant glaucoma e.g. cataracts
- Pneumothorax (air pocket in lung)
- Chest or abdominal surgery
- Coughing up blood
- Active Tuberculosis or other communicable respiratory disease
- Concussion