

# Having a spirometry test to check lung function

Respiratory Physiology Unit

Last reviewed: June 2026

Next review: June 2029

Information for Patients

Leaflet number: 1395 Version: 1

## What is spirometry testing?

Your doctor has asked you to have a spirometry test. You will make a number of fast blows on a machine. The results of this test will help your doctor find out how well your lungs are working.

## Why do I need it?

Spirometry is done for various reasons. It helps your doctor to find out why you may be having symptoms such as shortness of breath as well as to find out and check how well some treatments work. The results of these tests can help to find out if your:

- airways are narrowing.
- lungs are smaller than we would expect them to be.

## What will happen at my appointment?

You will be seen by a specialist in lung function testing:

1. You will have your height and weight measured.
2. We will ask you to sit down and ask you a few questions to make sure it is safe to do the test.
3. You will be asked to do a few fast blows into a machine.
4. If your doctor has asked, you may need to repeat the fast blowing test after you have taken an inhaler which we will provide. This is to find out if this medication helps. Your appointment letter will say if this test will be needed during your visit.

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or call 111 for non-emergency medical advice**

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5. After the end of the test you can leave the department and continue your day as normal.
6. A report will be sent to your doctor.
7. The doctor will talk to you about the results at an outpatients clinic, by phone or by letter.

## How long will the appointment take?

You will be in the department for up to 30 minutes.

## Can I bring someone to the appointment with me?

- You can come to the appointment on your own.
- You may like to bring either a partner, relative or friend with you however we ask they remain in our waiting area whilst you are having your test.
- If you need your partner or relative to be with you during the test due to caring needs, please let the person doing your test know.

## Contact details

If you have any questions or concerns before your appointment or need an interpreter, please contact the department on **0116 258 3420**. You can also use this number to rebook or cancel your appointment.

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