

Lung function test (spirometry)

The purpose of the examination is to measure lung function.

The actual examination takes approximately 30 – 45 minutes.

Preparation for examination

Before the test, you must be:

- **4 hours** without coffee, tea, cola drinks and energy drinks
- **4 hours** without heavy meals
- **2 hours** without smoking
- **1 day** without alcohol

You can have a light meal.

Avoid heavy physical activity for 2 hours before the examination.

Medication:

- Take your medication as usual
- Stop taking your medication according to the attached instructions
- Take medication according to your doctor's instructions

Apart from medications prescribed for respiratory diseases, take your other regular medication as usual.

Bring your prescriptions or a list of your medications with you to the test.

Examination

In the test, you will calmly breathe in and/or exhale hard into a mouthpiece. Exhaling into the mouthpiece may feel slightly strenuous.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment, or if you fall ill with a respiratory infection (e.g. the flu) or some other acute illness. The examination cannot be performed until at least two weeks after you have recovered from the respiratory tract infection.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

Medicines that affect pulmonary function tests

When pulmonary function is tested without medication effect, the patient should not take the following medicines for at least the time mentioned below.

<p>Accolate 3 days Adrenalin, Epipen 12 h Aerobec 4 weeks Airomir 12 h Alvesco 4 weeks Aminocont 3 days Anoro 3 days Asmanex 4 weeks Astecon 3 days Atrodual 24 h Atrovent 24 h Atrovent comp 24 h</p> <p>Beclomet 4 weeks Bricanyl 12 h Budenofalk 4 weeks Budesonid(e) 4 weeks <input type="checkbox"/> Bufomix 2 days <input type="checkbox"/> Bufomix 4 weeks Buventol 12 h</p> <p>Cykloterol 2 days</p> <p>Daxas 5 days Dexametason 4 weeks Duaklir 2 days</p> <p>Efedrin 12 h Efedriini 12 h Efedriini hydrokloridi 12 h</p>	<p>Eklira 2 days Entocort 4 weeks Euphylong 3 days</p> <p>Flixotide 4 weeks Flutide 4 weeks <input type="checkbox"/> Flutiform 2 days <input type="checkbox"/> Flutiform 4 weeks Fomeda 2 days Foradil 2 days Formaxa 2 days Formoterol 2 days</p> <p>Hydrocortison 4 weeks *</p> <p>Incruse 3 days <input type="checkbox"/> Innovair 2 days <input type="checkbox"/> Innovair 4 weeks Ipraxa 24 h Ipramol 24 h Inspiolto 7 days</p> <p>Lomudal 12 h</p> <p>Medrol 4 weeks * Montelukast 3 days</p>	<p>Novopulmon 4 weeks</p> <p>Onbrez 7 days Oxis 2 days</p> <p>Prednisolon 4 weeks * Prednison 4 weeks * Pulmicort 4 weeks</p> <p>Racinephrine 12 h <input type="checkbox"/> Relvar 3 days <input type="checkbox"/> Relvar 4 weeks Retafyllin 3 days Rinexin 12 h</p> <p>Salbutamol 12 h <input type="checkbox"/> Salflumix 4 weeks <input type="checkbox"/> Salflumix 48 h <input type="checkbox"/> Salmeterol/Fluticason 4 weeks <input type="checkbox"/> Salmeterol/Fluticason 48 h Seebri 12 days <input type="checkbox"/> Seretide 2 days <input type="checkbox"/> Seretide 4 weeks Serevent 2 days Singular 3 days Solomet 4 weeks *</p>	<p>Spiriva 4 days Striverdi 7 days <input type="checkbox"/> Symbicort 2 days <input type="checkbox"/> Symbicort 4 weeks</p> <p>Theofol 3 days Theofol comp 3 days Theofylliini 3 days Tilade 24 h <input type="checkbox"/> Trelegy 3 days <input type="checkbox"/> Trelegy 4 weeks <input type="checkbox"/> Trimbrow 12 days <input type="checkbox"/> Trimbrow 4 weeks</p> <p>Ultibro 12 days</p> <p>Ventilastin 12 h Ventoline 12 h</p> <p>Cough medicines 3 days</p> <p>* medication on hold if part of asthma or COPD therapy</p>
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Date of entry: 17.8.2023

Language versions: suomi, ruotsi, englanti

Examination: 6006 Pt-Spiro-X Pt-Virtaustilavuus-spirometria ilman lausuntoa, 2680 Pt-FV Spiro Pt-Virtaustilavuus-spirometria lausuttuna, 6007 Pt-SpirD-X Pt-Virtaustilavuus-spirometria ja bronkodilataatiokoe ilman lausuntoa, 2682 Pt-FV SpiroD Pt-Virtaustilavuus-spirometria ja bronkodilataatiokoe lausuttuna

Tunniste: 5733