

Spirometry in HUS Diagnostic Center laboratories

Please make an appointment for an examination with a laboratory by calling our service number or www.huslab.fi/booking:

You can reach us at the number 09 471 86800 Mon-Fri, from 7.30 am to 3.30 pm.

Appointment for examination ____/____20____at ____

Laboratory:_____

If you develop a respiratory infection (for example, a cold or runny or blocked nose) or another acute illness, please cancel the appointment www.huslab.fi/booking or call our service number 09 471 86800 on Mon-Fri between 7.30 am and 3.30 pm or. The examination can be performed only **two weeks after any respiratory infection has cleared up, or 2–3 months after recovering from pneumonia.**

Preparation for the examination

For 4 hours before the examination Do not drink coffee, tea, cola drinks or energy drinks or have heavy meals, however you should have something to eat

For 2 hours before the examination Do not smoke

For 1 day before the examination Do not drink any alcohol

For 2 hours before the examination avoid physical exercise

Medication

Medication for respiratory illness: Instructions on medication given by the referring doctor/unit (applicable option checked):

Take the medication as normal **without a break**

Break in taking medication before the examination

Take medication prescribed for other illness (for example heart, blood pressure) as normal.

Purpose of the examination and examination procedure

The tests are designed to measure e.g. the volume of your lungs and their functional capacity in slightly different ways. Breathing out during the test may feel slightly strenuous. The examination will take ½–1 hour.

HUS Diagnostic Center laboratories performing spirometry examination

HELSINKI		VANTAA	
Myllypuro laboratory Jauhokuja 4 A 00920 Helsinki	Kamppi laboratory Eteläinen Rautatiekatu 10 A 00100 Helsinki	Myyrmäki laboratory Virtatalo Rajatorpantie 8 01600 Vantaa	Tikkurila laboratory Vernissakatu 3 6th floor 01300 Vantaa
ESPOO			
Tapiola laboratory Ahertajantie 2 02070 Espoo			
KIRKKONUMMI	LOHJA	VIHTI	
Kirkkonummi laboratory Kirkkonummi Wellbeing Center Jokiniityntie 2 02400 Kirkkonummi	Lohja health center laboratory Ojamonkatu 36 08100 Lohja	Nummela laboratory Nummenselkä 2 03100 Vihti	
CENTRAL UUSIMAA			
Kerava laboratory Metsolan tie 2 04200 Kerava	Hyrylä laboratory Hyryläntie 13 04301 Tuusula	Nurmijärvi laboratory Sairaalantie 2 01900 Nurmijärvi	Järvenpää laboratory Järvenpää's new health and social center (JUST) Lääkärinkuja 1 04410 Järvenpää
CENTRAL UUSIMAA			
Hyvinkää Willa laboratory Torikatu 7 05800 Hyvinkää			
WESTERN UUSIMAA	EAST UUSIMAA	SIPOO	
Raseborg Hospital laboratory Östra Strandgatan 9 10600 Raseborg	Loviisa laboratory Öhmaninkatu 4 07900 Loviisa	Nikkilä laboratory Jussaksentie 14 04130 Sipoo	

Medicines affecting ventilation function tests

When studying the ventilation function without the interference of medication, you should discontinue medication prior to lung function test as follows. This applies to **spirometry**.

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 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 Cykloterol 2 days Daxas 5 days Dexametason 4 weeks Duaklir 2 days Efedrin 12 h Efedriini 12 h Efedriini hydrokloridi 12 h	Eklira 2 days Entocort 4 weeks Euphylong 3 days 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 Hydrocortison 4 weeks * Incruse 3 days <input type="checkbox"/> Innovair 2 days <input type="checkbox"/> Innovair 4 weeks Ipraxa 24 h IpramoL 24 h Inspioltto 7 days Lomudal 12 h Medrol 4 weeks * Montelukast 3 days	Novopulmon 4 weeks Onbrez 7 days Oxis 2 days Prednisolon 4 weeks * Prednison 4 weeks * Pulmicort 4 weeks Racinephrine 12 h <input type="checkbox"/> Relvar 3 days <input type="checkbox"/> Relvar 4 weeks Retafyllin 3 days Rinexin 12 h Salbutamol 12 h <input type="checkbox"/> Salfumix 4 weeks <input type="checkbox"/> Salfumix 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 Singulair 3 days Solomet 4 weeks *	Spiriva 4 days Striverdi 7 days <input type="checkbox"/> Symbicort 2 days <input type="checkbox"/> Symbicort 4 weeks 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"/> Trimbow 12 days <input type="checkbox"/> Trimbow 4 weeks Ultibro 12 days Ventilastin 12 h Ventoline 12 h Cough medicines 3 days
			* discontinue only if used against asthma or COPD