

## Spirometry in HUS Diagnostic Center laboratories

Book a laboratory appointment for the test online at [www.huslab.fi/ajanvaraus](http://www.huslab.fi/ajanvaraus) or by calling our helpline tel. **09 471 86800** Mon–Fri 7:30 a.m.–3:30 p.m.

Date and time: \_\_\_/\_\_\_/20\_\_\_ at \_\_\_:\_\_\_ Laboratory: \_\_\_\_\_

Cancel the appointment if you fall ill with a respiratory infection (e.g. flu, common cold) or some other illness.

### Before the test

---

You need to be healthy **for 2 weeks** following a respiratory infection  
**for 2–3 months** after recovering from pneumonia

**For 4 hours prior** no coffee, tea, cola or energy drinks, no heavy meals  
do not fast, you can have a light meal

**For 2 hours prior** no smoking, avoid physical exertion  
**For 1 day prior** no alcohol

Do not wear any strong fragrances when you arrive.

### Medicines

---

The referring doctor/unit will tell you how to take your **medications prescribed for respiratory diseases** prior to the test.

- Take your medication as usual without stopping it
- Stop taking your medication according to the attached instructions
- Stop medication    medicine \_\_\_\_\_ for how long \_\_\_\_\_  
                                  medicine \_\_\_\_\_ for how long \_\_\_\_\_  
                                  medicine \_\_\_\_\_ for how long \_\_\_\_\_  
                                  medicine \_\_\_\_\_ for how long \_\_\_\_\_

Take all other medication as usual (e.g. heart and blood pressure medicine).

### Examination

In the test, you will calmly breathe in and/or exhale hard into a mouthpiece. Exhaling into the mouthpiece may feel slightly strenuous. Please reserve 1/2 to 1 hour for the test.

## 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 <b>3 days</b> Adrenalin, Epipen <b>12 h</b> Aerobec <b>4 weeks</b> Airomir <b>12 h</b> Alvesco <b>4 weeks</b> Aminocon <b>3 days</b> Anoro <b>3 days</b> Asmanex <b>4 weeks</b> Astecon <b>3 days</b> Atro dual <b>24 h</b> Atrovent <b>24 h</b> Atrovent comp <b>24 h</b>  Beclomet <b>4 weeks</b> Bricanyl <b>12 h</b> Budenofalk <b>4 weeks</b> Budesonid(e) <b>4 weeks</b> <input type="checkbox"/> Bufomix <b>2 days</b> <input type="checkbox"/> Bufomix <b>4 weeks</b> Buventol <b>12 h</b>  Cykloterol <b>2 days</b>  Daxas <b>5 days</b> Dexametason <b>4 weeks</b> Duaklir <b>2 days</b>  Efedrin <b>12 h</b> Efedriini <b>12 h</b> Efedriini hydrokloridi <b>12 h</b>	Eklira <b>2 days</b> Entocort <b>4 weeks</b> Euphylong <b>3 days</b>  Flixotide <b>4 weeks</b> Flutide <b>4 weeks</b> <input type="checkbox"/> Flutiform <b>2 days</b> <input type="checkbox"/> Flutiform <b>4 weeks</b> Fomeda <b>2 days</b> Foradil <b>2 days</b> Formaxa <b>2 days</b> Formoterol <b>2 days</b>  Hydrocortison <b>4 weeks</b> * Incruse <b>3 days</b> <input type="checkbox"/> Innovair <b>2 days</b> <input type="checkbox"/> Innovair <b>4 weeks</b> Ipraxa <b>24 h</b> IpramoL <b>24 h</b> Inspiolto <b>7 days</b>  Lomudal <b>12 h</b>  Medrol <b>4 weeks</b> * Montelukast <b>3 days</b>	Novopulmon <b>4 weeks</b>  Onbrez <b>7 days</b> Oxis <b>2 days</b>  Prednisolon <b>4 weeks</b> * Prednison <b>4 weeks</b> * Pulmicort <b>4 weeks</b>  Racinephrine <b>12 h</b> <input type="checkbox"/> Relvar <b>3 days</b> <input type="checkbox"/> Relvar <b>4 weeks</b> Retafyllin <b>3 days</b> Rinexin <b>12 h</b>  Salbutamol <b>12 h</b> <input type="checkbox"/> Salfumix <b>4 weeks</b> <input type="checkbox"/> Salfumix <b>48 h</b> <input type="checkbox"/> Salmeterol/Fluticason <b>4 weeks</b> <input type="checkbox"/> Salmeterol/Fluticason <b>48 h</b> Seebri <b>12 days</b> <input type="checkbox"/> Seretide <b>2 days</b> <input type="checkbox"/> Seretide <b>4 weeks</b> Serevent <b>2 days</b> Singular <b>3 days</b> Solomet <b>4 weeks</b> *	Spiriva <b>4 days</b> Striverdi <b>7 days</b> <input type="checkbox"/> Symbicort <b>2 days</b> <input type="checkbox"/> Symbicort <b>4 weeks</b>  Theofol <b>3 days</b> Theofol comp <b>3 days</b> Theofylliini <b>3 days</b> Tilade <b>24 h</b> <input type="checkbox"/> Trelegy <b>3 days</b> <input type="checkbox"/> Trelegy <b>4 weeks</b> <input type="checkbox"/> Trimbow <b>12 days</b> <input type="checkbox"/> Trimbow <b>4 weeks</b>  Ultibro <b>12 days</b>  Ventilastin <b>12 h</b> Ventoline <b>12 h</b>  Cough medicines <b>3 days</b>  * discontinue only if used against asthma or COPD
--	--	---	---