

# SPIROMETRY TEST

Your test explained...

## WHAT TO EXPECT DURING A SPIROMETRY TEST...



1. Height and weight measurements

2. Nose is clipped to encourage mouth breathing



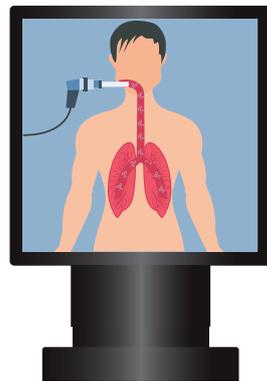
3. Blow into a mouthpiece connected to the spirometer.

Firstly – relaxed blows (minimum of 3, maximum of 8 attempts)

Secondly – forced blows (minimum of 3, maximum of 8 attempts)



4. Spirometer creates a graph of your lung volumes and flows



For more information please visit: (QR)

or contact the department on 02921 825421



## WHAT IS A SPIROMETRY TEST?

Spirometry is a simple test used to help diagnose and monitor certain lung conditions by measuring how much air you can breathe in and out. It's carried out using a device called a spirometer, which is a small machine attached by a cable to a mouthpiece. The test is broken down into two sections requiring both relaxed and forced blows, which can be repeated up to 8 times each to ensure accuracy.

## WHAT ARE THE PRE-TEST REQUIREMENTS FOR THE TEST?

- Avoid smoking on the day of the test
- Not to consume alcohol for at least 4 hours prior to the test
- Avoid vigorous exercise for at least 30 min prior to the test
- Avoid wearing clothing which substantially restricts full chest and abdominal expansion
- Refrain from eating a substantial meal for at least 2 hours prior to the test.

Please contact the department if you have any of the following:

- ▶ Surgery, stroke/TIA, collapsed lung, blood clot in your lung within the last 6 weeks
- ▶ Heart attack or unstable angina pain in the last 2 weeks
- ▶ Coughing up of blood in the last 48 hours
- ▶ Current chest infection, active TB or large aneurysm at present

Please refer to the instructions on your appointment letter for any other specific information regarding medication or inhalers.

Test results: Lung function results will be ready the same day or by your next appointment with the Respiratory consultant/GP.

# PRAWF SPIROMETREG

Esboniad o'ch prawf...

## BETH I'W DDISGWYL YN YSTOD PRAWF SBIROMETREG...



1. Mesurau uchder  
a phwysau

2. Trwyn yn cael ei glipio i  
annog anadlu ceg



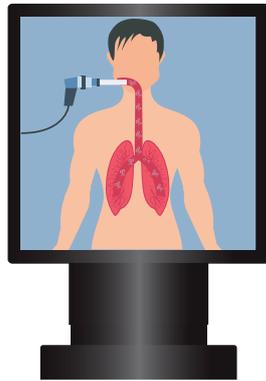
3. Chwythwch i mewn i geg  
Cysylltu â'r spirometer.

Yn gyntaf – ergydion hamddenol  
(lleiafswm o 3, uchafswm o 8 ymdrech)

Yn ail – ergydion gorfodol (lleiafswm  
o 3, uchafswm o 8 ymdrech)



4. Spirometer yn creu  
graff o eich voliwmau  
a llifau yr ysgyfaint



I gael rhagor o  
wybodaeth, ewch i:

Cysylltwch â'r  
adran ar  
02921 825 421.



## BETH YW PRAWF SPIROMETREG?

Mae sbirometreg yn brawf syml a ddefnyddir i helpu i wneud diagnosis a monitro rhai cyflyrau ar yr ysgyfaint trwy fesur faint o aer y gallwch chi ei anadlu i mewn ac allan.

Mae'n cael ei wneud gan ddefnyddio dyfais o'r enw sbiromedr, sef peiriant bach sydd wedi'i gysylltu gan gebl i ddarn ceg.

Mae'r prawf wedi'i rannu'n ddwy ran ac mae'n gofyn i chi chwythu'n ysgafn ac yn gryf, a gellir ailadrodd hyn hyd at 8 gwaith yr un i sicrhau cywirdeb.

## BETH YW'R GOFYNION CYN Y PRAWF??

- Dylech osgoi ysmygu ar ddiwrnod y prawf
- Peidiwch ag yfed alcohol am o leiaf 4 awr cyn y prawf
- Dylech osgoi gwneud ymarfer corff egniol am o leiaf 30 munud cyn y prawf
- Dylech osgoi gwisgo dillad sy'n cyfyngu'n sylweddol ar ehangiad llawn y frest a'r abdomen
- Peidiwch â bwyta pryd o fwyd sylweddol am o leiaf 2 awr cyn y prawf.

Cysylltwch â'r adran os ydych wedi cael unrhyw un o'r canlynol:

- ▶ Llawdriniaeth, strôc/TIA, ysgyfaint wedi cwmpo, clot gwaed yn eich ysgyfaint o fewn y 6 wythnos diwethaf
- ▶ Trawiad ar y galon neu boen angina ansefydlog yn ystod y pythefnos diwethaf
- ▶ Pesychu gwaed yn ystod y 48 awr ddiwethaf
- ▶ Haint presennol ar y frest, TB actif neu anwrysm mawr ar hyn o bryd

Cyfeiriwch at y cyfarwyddiadau ar eich llythyr apwyntiad am unrhyw wybodaeth benodol arall am feddygiaeth neu anadlyddion.

Canlyniadau profion: Bydd canlyniadau profion gweithrediad yr ysgyfaint yn barod yr un diwrnod neu erbyn eich apwyntiad nesaf gyda'r meddyg ymgynghorol anadlol/meddyg teulu.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Swyddogaeth yr Ysgyfaint  
ac Adran Apnoea Cwsg