



INSPIRE Lung and Medical Centre

Unit 302 - 9639 137A St, Surrey, BC, V3T0M1

Phone: 604 676 7750 Fax: 604 676 7751

Website: www.inspirelmc.com

SPIROMETRY REQUISITION

Date:

Referring MD:

Phone:

Fax:

Signature:

Patient Name:

PHN:

Cell:

DOB:

Home:

Other:

Work:

Email:

Reason for Test:

- ☐ Diagnosis
- ☐ Follow-Up
- ☐ Other: _____

Timeframe: _____

Clinical Diagnosis:

Smoking History:

- ☐ Never
- ☐ Former
- ☐ Current Pack years #: _____

Respiratory Medications:

Spirometry requested:

- ☐ **Pre**-Bronchodilator only
- ☐ **Pre and Post**-Bronchodilator (400ug salbutamol given)

Withhold medications?

- ☐ Yes (see page 2)
- ☐ No

List medications and withholding time:

Relative Contraindications:

- ☐ Acute MI within the past week
- ☐ Systemic hypotension or severe hypertension
- ☐ Significant arrhythmia
- ☐ Uncompensated heart failure
- ☐ Uncontrolled pulmonary hypertension
- ☐ Acute cor pulmonale
- ☐ Unstable pulmonary embolism
- ☐ Syncope related to cough / forced expiration
- ☐ Cerebral aneurism
- ☐ Brain surgery < 4 weeks
- ☐ Recent symptomatic concussion
- ☐ Eye surgery < 1 week
- ☐ Sinus surgery, middle ear surgery, or infection < 1 week
- ☐ Pneumothorax
- ☐ Thoracic surgery < 4 weeks
- ☐ Abdominal surgery within 4 weeks
- ☐ Late term pregnancy
- ☐ Active or suspected transmissible respiratory or systemic infection, including TB
- ☐ Hemoptysis
- ☐ Significant secretions, oral lesions, or oral bleeding

OFFICE USE ONLY

Appointment Date:

Appointment Time:

PLEASE PROVIDE THE FOLLOWING INSTRUCTIONS TO THE PATIENT

- Review detailed instructions on the website: www.inspirelmc.com
- Medications to withhold, and for how long:**

Bronchodilator Medication	Withholding Time
SABA (eg: salbutamol)	4-6h
SAMA (eg: ipratropium bromide)	12h
LABA (eg: formoterol, salmeterol)	24h
Ultra-LABA (eg: indacaterol, vilanterol, olodaterol)	36h
LAMA (eg: tiotropium, umeclidinium, aclidinium, glycopyrronium)	36-48h

- If needed for symptom relief, a rescue inhaler should be used, and the time of use noted so that it can be reported to the technologist conducting the test
- Avoid the following prior to testing:**
 - Smoking and/or vaping and/or water pipe within 1 hour before testing
 - Consuming intoxicants within 8 hours before testing
 - Consuming alcohol or caffeine within 4 hours before testing
 - Eating a large meal within 2 hours before testing
 - Performing vigorous exercise within 1 hour before testing
 - Wearing clothing that restricts full chest and abdominal expansion