



Patient Instructions for Spirometry Testing:

- You will be contacted by the Spirometry Team at TrueNorth Respiratory to schedule your spirometry test.
- You can contact our clinic at (867)667-7120 if needed.
- Reschedule the test if you are feeling ill (e.g., cold, flu, cough, severe headaches, etc.)
- Reschedule the test if you have any COVID-19 risk factors, known exposures, or if you or anyone in your household are waiting for COVID-19 test results
- Arrive on time for your test and please wear a mask at all times while in the clinic
- Please attend your appointment alone if at all possible. Our clinic does not have a waiting area outside of the testing room in consideration of COVID-19.
- Bring a list of your current medications and all respiratory puffers.
- Wear loose, comfortable clothing and avoid wearing clothes that substantially restrict full chest and abdominal expansion.
- Food/activities to avoid prior to testing:
 - For 1 hour: Smoking, Vigorous exercise
 - For 2 hours: Large meals
 - For 8 hours: Alcohol, Intoxicants

Where our clinic is located:

TrueNorth Respiratory is located in the Marwell Industrial Area, just before Raven Recycling on Industrial Road. We are the first unit in the Calcite Centre, which is across the road from the North 60 gas pumps, and next to Ajax. Visit our website for a map of the area: <https://www.truenorthrespiratory.com/contact-truenorth-respiratory/>

What to expect during the test:

Spirometry – allow 45 minutes for your appointment

You will be asked to blow into a machine as fast as you can.

For Spirometry with bronchodilator, you will blow again into the machine after taking a bronchodilator.

Instruction Regarding Breathing medications:

Some breathing medications will interfere with the spirometry testing and should not be taken prior to your test, if possible. However, if you feel unwell and need to take your medications, then continue your usual routine and inform the spirometry clinician that you have taken your medications before starting your test. Bring all breathing medications. All other medications can be taken as prescribed.

After the test: you may restart all your medications in the usual manner.

Contraindications for testing: If you have any of these conditions, notify us, preferably ahead of the test date: severe aortic stenosis, recent pneumothorax, active TB, severe or unstable angina, myocardial infarction < 4 weeks, anginal pain at rest or on exertion not relieved by nitro spray, current acute febrile respiratory illness, significant active hemoptysis (coughing up frank blood), advanced pregnancy (near term), recent eye/abdominal surgery).

***LOCATION: Unit 1 – 151 Industrial Road, Whitehorse, YT
TRUENORTH RESPIRATORY
(867)667-7120 ext 1001***