

Spirometry Test (Breathing Test)

Instructions for patients

Your healthcare provider has referred you for a **breathing test (spirometry)**.

Use the online booking link shared in the email from the Respiratory Therapist to book your appointment.

This test will be done at:

Toronto Western Family Health Team, Bathurst Site

440 Bathurst Street, Toronto ON - 3rd Floor

Phone: 416-603-5888

*Please sign in at South Reception

What is a spirometry test?

It is a quick breathing test. You may repeat the same test after receiving a bronchodilator (a type of medicine). This lets us check if your breathing improves after taking the medicine. This test takes about 45 minutes to complete.

How do I prepare for the test?

- If you have inhalers (puffers) bring them to your appointment.
- If this is your first spirometry test and you are currently using inhalers: **stop taking the medicines below for a certain time before your test**, unless your primary care provider gave you different instructions. See the table below for details*.
- If this is a follow-up spirometry test: do not stop taking your inhalers.
- Before your visit, review UHN's current masking and visiting guidelines:

<https://www.uhn.ca/PatientsFamilies/Masking>

Type of medicine (inhaler)	Medication name	When to stop taking your medicine
Short-acting inhalers	Airomir (salbutamol) Bricanyl (terbutaline) Ventolin (salbutamol) Salbutamol or Teva-Salbutamol	6 hours before the test
Short-acting inhaler	Atrovent (ipratropium) Combivent (ipratropium/ salbutamol)	12 hours before the test

Long-acting inhalers	Advair (salmeterol) Alupent (Orciprenaline) Breo Ellipta (Vilanterol) Brovana (Arformoterol) Foradil (Formoterol) Oxeze (formoterol) Onbrez Breezhaler (Indacaterol) Salmeterol (Advair/ Wixela) Serevent (salmeterol) Striverdi Respimat (Olodaterol) Symbicort (formoterol) Zenhale (formoterol)	36 hours before the test (3 days)
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***IMPORTANT:** If stopping these medications leads to worsening respiratory symptoms, you can re-start them and inform the Respiratory Therapist on the day of your appointment.

Appointment Cancellation

If at any point you realize you cannot attend your appointment, please cancel the appointment using the confirmation email you received at the time of booking, or call our clinic at 416-603-5888 as soon as possible so we can offer this appointment to another patient.

If you are **15 minutes late** for your appointment, it will be cancelled, and you must reschedule your appointment.

Cancellations with less than one full business day's notice (minimum 24 hours) will be considered a missed appointment. Learn about TW FHT's No Show and Late Cancellation Policy on our website:

<https://www.twfht.ca/displayPage.php?page=NoShowandLateCancellationPolicy>

Questions about spirometry testing

If you have any questions about stopping your inhalers before the test or about the test itself, please contact the Respiratory Therapist at 416-603-5800 ext 3422. For appointment cancellations, please see information above or contact reception at 416-603-5888.

Revised October 2025