

Lung Function Tests

Important information for patients



The Cardio-Respiratory/ECG Department is open from 8am to 6pm on weekdays. Office staff are available from 8.45am to 5pm weekdays on 01270 612188. Please ring this number if you are unable to make your appointment or would like more information about the tests.

Why you have an appointment

Your doctor has requested that we perform some tests on your breathing to help guide your medical treatment.

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

- Current or recent chest infection (within the last 4 weeks)
- Eye, stomach or chest surgery in the last 6 weeks
- Recent haemoptysis (coughing up blood)
- Heart attack within the last 6 weeks
- Angina on the day of your test
- Known aneurysm

What is a lung function test?

Lung function tests measure how well your lungs are working.

Doctors commonly request this test to:

- see if you have any lung disease
- measure the severity of any lung disease
- see if medication will make your breathing better
- test your lung function before an operation

The procedure

You will be asked to breathe in and out on a machine through a disposable mouthpiece. Your nose will be sealed using a noseclip. You will be seated during all the tests. The tests will be performed a minimum of three times and you will be given a rest between each attempt.

All the tests are completely painless and should not cause you any discomfort. They do however require your maximum effort.

The number of tests you do will depend on which ones your doctor has requested but they may include some or all of the following:

1. Measurement of the size or volume of air in your lungs.
2. Measurement of the speed you can breathe out.
3. Measurement of how well oxygen travels from your lungs into your blood. For this you will breathe in fully and then hold your breath for 10 seconds.

During the tests, the staff may ask you to take some inhaled medication and repeat the tests, so they can investigate the effect on your breathing, but this does not necessarily mean you will be prescribed the medication long term.

When doing the tests you might feel a little more breathless than normal. The tests might also make you cough and feel a bit dizzy for a few seconds. These symptoms are quite normal and should disappear soon after you finish each test.

Before Your Test

It would be helpful to staff if you could bring with you a list of all the medication and inhalers you are currently using.

Before attending for your lung function tests, please:

- Do not eat a heavy meal for 2 hours
- Do not take alcohol for 4 hours
- Do not take vigorous exercise for 30 minutes
- Do not wear any tight clothing that may restrict your breathing
- Do not smoke for at least 1 hour, preferably 24 hours

Try not to take any of your inhalers 12 hours prior to the tests:

If you are too breathless without your inhalers then you may take the following up to 4 hours before:

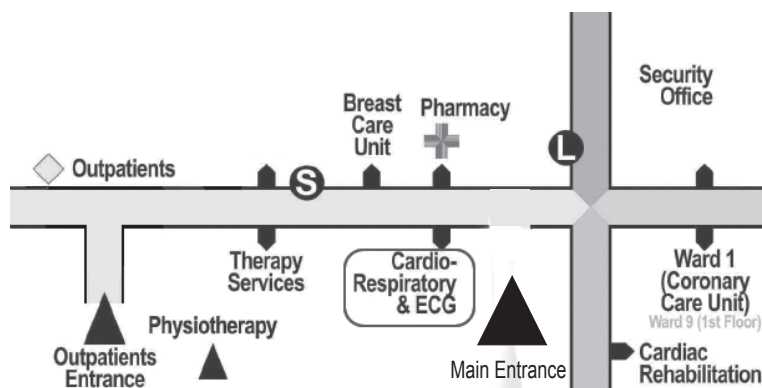
Salbutamol, Ventolin, Salamol, Bricanyl (Terbutaline Sulphate)

If you do not have the inhalers listed above and cannot withhold for 12 hours, take your medication as normal and contact the department.

**PLEASE CONTINUE TO TAKE ALL OTHER PRESCRIBED
MEDICATION AND OXYGEN AS NORMAL**

How to find us

Your appointment will be in the Cardio-Respiratory/ECG Department on the ground floor, yellow corridor, opposite Pharmacy.



Length of Tests

The tests will take between 15 mins and 1 hour to complete depending on how many different tests the doctor has asked for.

Results

The results will go to your doctor who will discuss them with you at your next clinic visit.

If you have a clinic appointment on the same day you might be given the results to take with you to your appointment.

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612188.

Cardio-Respiratory/ECG Department

Leighton Hospital

Direct Dial: 01270 612188

