

Respiratory physiology lung function tests

A patient's guide

Introduction

The Respiratory Physiology department provides a service to the whole of the hospital as well as to outpatients.

The department performs various tests which help in the diagnosis and treatment of patients with breathing problems.

Preparing for the visit

It is advisable to allow at least one hour for your first visit to the department, as you may have various tests to evaluate your breathing.

Please follow the recommendations set out below before you come for your tests:

- Please continue with any inhalers or nebulisers as prescribed unless instructed not to do so by your doctor or the enclosed appointment letter
- Avoid smoking on the day of your tests
- Do not consume alcohol for at least four hours prior to your tests
- Avoid vigorous exercise for at least 30 minutes prior to your tests

- Do not wear tight fitting clothing which restricts your ability to breathe freely
- Do not eat a substantial meal for at least two hours prior to your test although a light meal is acceptable
- If you have been referred for a walking test wear sensible footwear and clothing
- If you have been referred for walking test bring your walking aid if you use one
- If you have been referred for a walking test and you normally use oxygen for walking, please bring this with you
- If you take any inhalers or GTN medication please bring them with you

On arrival

The department is located in the Bernhard Baron building on the right hand side of the drive into the hospital grounds. Please report to the main reception desk on arrival. You will then be directed to the Respiratory Physiology department. The receptionist there will then inform the Respiratory Physiology staff of your arrival.

Investigations

Lung function tests are simple non-invasive breathing tests designed to establish how well your lungs are working. These tests help in the diagnosis of any problems associated with the lungs and, therefore, in choosing the best course of treatment for you.

These tests are carried out by a Clinical Physiologist. An inhaler or nebuliser may be administered to evaluate its benefit to you. Some of these tests may be repeated on subsequent visits to monitor your breathing.

Other investigations

Depending upon your particular symptoms, history and results, further investigations may be needed. These will be explained to you by your doctor and will usually be arranged as another appointment.

Any questions

If you have any questions about the tests or the department, please do not hesitate to ring Respiratory Physiology on 01480 364207.

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