

Lung Function Tests Spirometry



Respiratory & Sleep Physiology

patientinformation



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت بۆ نەو دی لەم بەلگەنامە بە تێبگات یان بێخوێنتێتەو، تکایە پەیوەندیمان پێوە بکە لەسەر ناو ژمارەیی سەرەوددا یان بەو نێمانیە.

Arabic

عربی

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

This leaflet provides general information on the lung function tests that you have been referred for. If we need to do other tests that are not described in this information (e.g. Carbon Monoxide monitoring, Oxygen saturation measurement or Exhaled Nitric Oxide) we will discuss them with you on the day.

Your appointment letter will tell you the location, date, and time of your appointment.

What are lung function tests?

Lung function tests look at how well your lungs and airways are working. We compare the results you get with average results for someone of your age, gender and height.

Why do I need to have a Spirometry test?

Your Healthcare Professional has asked that you have these tests to get detailed information about your lungs and airways. This will help the Healthcare Professional to make a diagnosis, decide a treatment plan, or monitor how well current treatment is working. Spirometry is also routinely done as part of a pre-surgical assessment.

How long will the tests take?

Depending on which tests your Healthcare Professional wishes you to have, your appointment will last between 20 and 60 minutes.

What will I have to do?

Spirometry

This test gives us information about how open your airways are, and the size of your lungs. First, we will ask you to breathe in fully and to blow out in a relaxed way, into a mouthpiece, for as long as you possibly can. This will be done sitting down with a nose peg on. We will then ask you to breathe in fully and to blow out as hard and as fast as possible into a mouthpiece on the lung function equipment, until you are completely empty. We will ask you to do each test a number of times to get accurate results.



Spirometry
mouthpiece & nose peg



Spirometry

Reversibility

This test gives information about how your airways are affected by inhaled medication. You will do the Spirometry test, take an inhaler and then wait between 20 and 40 minutes (depending on the type of inhaler medication) before you do the Spirometry test again.

How do I prepare for the tests?

So that the tests to be carried out successfully please avoid:

- **Short acting bronchodilator/reliever inhalers or nebulisers** in the 4 hours before testing - these include **Salbutamol, Ventolin, Terbutaline** and **Bricanyl**. Please continue to use any other inhalers and any tablets/medications as normal.
- **Smoking** for at least 24 hours before your test as smoking interferes with the test measurements. If you require support stopping smoking please contact 'Get Healthy Rotherham' for free advice and support. Tel. 01709 718720.
- **Exercise** in the 30 minutes before testing.
- **Large meals** within 2 hours of your appointment time (a snack or a light meal is fine).
- **Caffeine** (tea/coffee/ fizzy drinks) for 4 hours before your appointment time.
- **Alcohol** in the 4 hours before your test
- **Nail varnish** or false nails (if possible)

Lung Function Tests - Spirometry

If you are unsure whether you should use your inhaler or which type of inhaler you have, please contact the department (details at the end of the information). Please also contact the department if you;

- Have a **current or recent chest infection** (within 6 weeks prior to your appointment) requiring antibiotic or steroid treatment
- Have been told you have a **collapsed lung**, have had a **heart attack, stroke or blood clot** in the last 6 weeks
- Have **coughed up blood** in the last 6 weeks
- Have **had surgery in the last 6 weeks** (including eye surgery)
- Are feeling ill on the day of the test

What should I wear?

You should wear normal, comfortable clothing. Please avoid tight fitting clothes that may restrict your chest movement. You will be asked to remove your shoes in order to measure your height before the tests, so please wear shoes that can easily be removed.

Are there any side effects?

The lung function tests have to be completed with as much effort as possible to get accurate results. Doing the tests can be tiring but you will be given time to recover between tests. There are minimal side effects to completing the tests, however if you have any chest pain or dizziness during testing we will stop and continue only when you feel able to do so.

What happens to my test results?

The results will not be ready straight away as they will need analysing and processing. They will be passed on to the healthcare professional who referred you for the tests and should be available for your next clinic appointment.

What if I cannot attend?

If you are unable to attend the appointment that has been arranged for you, please contact the department on 01709 424572 as soon as possible so that we can organise another appointment for you, and offer your appointment time to another patient on our waiting list.

What will happen if I do not want this test?

You can choose whether or not to have the tests, but if you do choose not to complete them, important information may be missed which may impact on receiving an accurate diagnosis and treatment.

How to contact us **Department of Respiratory** **& Sleep Physiology**

The Whiston Suite
C Level
The Rotherham NHS
Foundation Trust
Moorgate Road
Rotherham
S60 2UD

Telephone 01709 424572

(Mon to Fri, 8.30am - 4.30pm)

Email rgh-tr.medical.physics@nhs.net

Rotherham Hospital **Switchboard**

Telephone 01709 820000

Useful contact numbers

If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Quit Smoking Service

Telephone 01709 422444

UECC (A&E)

Telephone 01709 424455

For GP out of hours,
contact your surgery

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.rotherhive.co.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments
or concerns about the services
we have provided please
let us know, or alternatively
you can contact the
Patient Experience Team.

Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

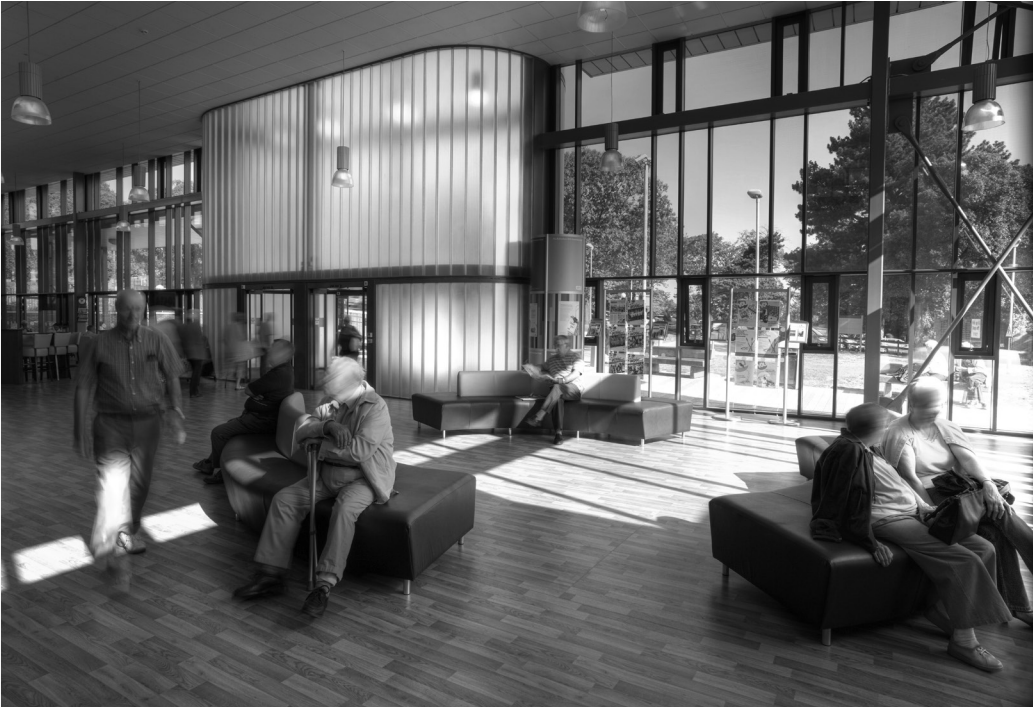
Monday to Friday

9.00am until 4.00pm

Email: your.experience@nhs.net



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