



## Lung Function Tests

Lung Function tests are requested by doctors to determine how efficient your lungs are working. Respiratory physiologists within the lung function department perform various tests that measure lung capacity, airflow and airway reversibility, efficiency of oxygen transfer from your lungs into your blood, respiratory muscle strength and presence of airway inflammation. The tests will take between 15 minutes to one and half hours depending on how many tests you have been requested to perform.

### Why has my doctor asked for the tests?

The main reasons for performing lung function tests are:

- To detect the presence of respiratory disease and its severity
- To determine the effects of medication such as steroid treatment or inhalers
- To monitor the effects of the environment such as allergies or sensitivities to surrounding inhaled particles that potentially can cause lung damage
- Pre-assessment to ensure lungs are efficient enough to tolerate certain therapies
- Pre-operative assessment

### What do I need to do prior the tests?

Do not do the following prior to the tests:

- Vigorous exercise for at least 30 minutes prior to the tests
- Do not drink alcohol for at least 4 hours prior to the tests
- Avoid eating a large meal for 2 hours before the tests
- Do not smoke for 24 hours prior to the tests or at least on the day of the tests if you can as it will help ensure the results are accurate. For support to stop smoking access this website link <https://www.nhs.uk/smokefree.com>
- Please do not wear tight clothing as tight clothing can restrict how deeply you are able to breathe in during the tests
- Do not wear nail polish unless unable to remove it as we need to measure your percentage blood oxygen using a finger probe

### Do I need to stop any medication before the tests?

The only medication that you may have to stop prior to lung function tests is inhaled lung medication.



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**Inhaler stop times prior to tests if requested to on appointment letter:**

Medication Name	Brand Name	How long to stop medication before tests
<b>Short Acting Bronchodilators</b>		
Salbutamol	Salamol, Ventolin, AirSalb, Airomir	6 hours
Terbutaline Sulphate	Bricanyl	
Ipratropium Bromide	Atrovent	
<b>Long Acting Bronchodilators</b>		
Salmeterol	Serevent, Soltel	12 hours
Formoterol	Atimos, Foradil, Oxis	36 hours
Tiotropium	Braltus, Spiriva	
Aclidinium	Eklira	
Umeclidinium	Incruse	
Indacaterol	Onbrez	
Olodaterol	Striverdi	
Aclidinium	Eklira	
<b>Inhaled Corticosteroids and Combination inhalers</b>		
Examples: Beclometasone (Clenil, Qvar), Budesonide (Pulmicort), Fluticasone (Flovent), Ciclesonide (Alvesco), Seretide, Sirdupla, Sereflo, Aerivio, AirfluSal, Aloflute, Spiromax Duoresp, Fostair, Fobumix, Symbicort, Flutiform, Anoro, Relvar, Trelegy, Trimbo, Spiolto, Ultibro, Duaklir		36 hours

If you cannot stop your inhalers prior to the tests due to severity of respiratory symptoms such as shortness of breath, chest tightness, wheeze, cough or risk of taking an asthma attack please continue to take your inhalers as normal for your safety and the tests will be performed on your medication.

If your appointment letter states to **'stay on medication'** stay on your medication as normal. If your appointment letter instructs you to stop your inhalers prior to testing please **stop** your inhalers for the period of time stated on the table.

## What do the tests involve?

- Breathing through a mouth piece with a nose peg on
- Breathing in fully and exhaling fully until your lungs are empty
- Exhaling out as quickly and forcefully as you can in one continuous breath
- Holding your breath for 10 seconds



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## Are there any risks with the tests?

Lung function tests are considered very safe unless you fit any criteria on the risk list below. However, some people can feel dizzy and tired for a short period after the tests.

If you have experienced any of the following medical issues within the last 8 weeks prior to the test date please contact us as we may need to rebook your test:

- Abdominal/thoracic/eye or facial surgery
- Heart attack, unstable angina/unstable cardiac disease
- Uncontrolled high blood pressure
- Collapsed lung
- Stroke
- Aneurysm diagnosis
- Pulmonary Embolism (blood clot in lung lung/s)
- Haemoptysis of unknown cause (coughing up blood)
- Cracked ribs or vertebrae injury

If you are pregnant please let the staff member know before commencing the tests. If you have a chest infection within two weeks prior to your appointment please contact us and rebook your appointment.

## How and when will I receive the lung function results?

The doctor/medical team member who requested the tests for you will discuss the results with you in an outpatient appointment face to face, via a phone call consultation or via a letter to your General Practitioner (GP).

## Who do I contact if I need more information about the tests or appointment?

Please contact us on 01793 604250 or 01793 607210 between 09:00-16:00 Monday-Friday for more information.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats such as If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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