Full Lung Function Test

Information about your test

Lung Function testing measures how well the lungs' exhale air, the capacity of your lungs and also how efficiently your lungs take up oxygen. The test will take approximately 45 minutes.

How is the Test Performed?

You will be asked to breathe into a mouthpiece which is connected to an instrument called a spirometer. The spirometer records the amount and rate of air that is breathed out over a specified time. Some measurements are obtained by normal, quiet breathing whilst others require forced exhalation after a deep breath.

All tests are performed whilst you remain seated, resting in a chair. At no time will you be expected to walk on a treadmill.

In some circumstances it may be advisable to delay your test for a few weeks. Please contact the department for advice if any of the following apply to you:-

- Coughing up blood of unknown cause.
- Pneumothorax (collapsed lung) in last six weeks.
- Suffered a heart attack in the past six weeks.
- Undergone eye surgery in last three months.
- Surgery to the chest or abdomen in last three months.
- Pulmonary embolism (blood clot on lung) in last six weeks.
- Stroke in the last six weeks.
- You have active TB.

To optimise the accuracy of your test result we request that where possible you adhere to the following instructions.

Please Avoid

- Smoking for 24 hours prior to the test.
- Consuming alcohol for at least 4 hours prior to the test.
- Vigorous exercise for at least 30 minutes prior to the test.
- Wearing clothing which subsequently restricts full chest expansion.
- Eating a heavy meal for at least 2 hours prior to the test.
- Taking any short-acting bronchodilator therapy for 4 hours prior to the test.

compassionate care

Examples of short-acting bronchilator drugs:-

Ventolin (Salbutamol), Bricanyl (Terbutaline), Atrovent (Ipratropium bromide), Combivent (Salbutamol and Ipratropium bromide), Duovent (Fenoterol hydrobromide and Ipratropium bromide).

Whilst we would prefer you not to take your short-acting bronchodilator prior to the test if you feel it is necessary to take your medication please do so. Please contact the department for advice if you are unsure whether your medication is a short-acting bronchodilator.

Please bring your inhaler with you when you attend for testing.

If you have any comments about this leaflet or the service you have received you can contact :

Clinical Services Managers
Cardio-Respiratory Department
Calderdale Royal Hospital / Huddersfield Royal Infirmary

Telephone No: 01422 224310
(Monday - Friday 8.30am - 4.30pm)

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"