

Lung Function (Breathing) Test

A member of your medical team has requested for you to have breathing tests which could be to identify any disease, monitor your condition or as part of a pre-operative assessment.

What are lung function tests?

The tests will measure various functions of your lungs, i.e. lung size, how well they take up oxygen and if there is any narrowing of your airways. These tests can help identify or monitor a condition. Everything you need to do will be explained to you before and during the tests by the physiologist. You will be asked to breathe through a mouthpiece attached to different pieces of equipment, you may be asked to breathe normally, deeply in or out, or hold your breath for a few seconds as part of the tests. The tests do require maximum effort and you will be encouraged to perform to your full capabilities, we know you may find this tiring and you will be given rests between tests. As part of the tests your doctor may have requested for us to deliver medication to see if it is of any benefit or to help with a diagnosis. They may also have requested for us to take a small blood sample. All of this will be discussed with you before the tests are done to ensure you are happy to proceed.

How long will the tests take?

The length of tests depends on the number of measurements being made; it may take between 30 minutes to two hours, although most tests take less than an hour.

Important information

Please contact us on the number below if you have had a recent chest infection within the last two weeks, are suffering with a cold or flu like illness or are recovering from a surgery, or another illness, which may prevent you from performing the tests.

On the day of your appointment:

- **You may be required to stop any breathing medication (inhalers or nebulisers) on the day of the test, please refer to your appointment letter for clarification of this**
- Refrain from smoking
- Refrain from eating a **heavy** meal
- Wear loose clothing

Questions?

If you have any questions or concerns please do not hesitate to contact the department to discuss on **0121 424 1745 (use this number whether your appointment is at Heartlands Hospital, Solihull Hospital or the Birmingham Chest Clinic).**

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.

**Lung Function
Birmingham Heartlands Hospital**