



## Trial of home non-invasive ventilation (QE)

A member of your medical team has requested you take part in a home non-invasive ventilation (NIV) trial. This request is usually made by a doctor following recent tests or following a hospital admission.

### What will happen during the appointment?

NIV is a treatment to help with your breathing overnight. It involves wearing a mask at night for sleeping, connected to a machine, which makes breathing in and out easier. During this appointment we will show you how to fit the mask and use the machine.

We will ask you to spend time using the machine while in the department so that the settings can be adjusted to an effective and comfortable level. As part of this process we may need to take blood samples to assess the levels of oxygen and carbon dioxide in your blood. This part of the assessment will usually take between one and two hours.

### Pre-test instructions

You are advised to continue taking all of your medications as you normally would. Please do not eat a large meal before your appointment. If you have an active chest infection in the few days before the appointment, please contact the lung function and sleep department. You may want to bring a family member or carer who may be supporting you with this treatment at home.

### Benefits of NIV

NIV can improve sleep quality leading to better energy and concentration levels during the day. It can also help you feel less breathless than before. This may mean you are able to perform more daily tasks. You may also feel more refreshed when you wake should also see an improvement in the number of headaches you have, particularly if this had been a problem previously. It can also decrease the likelihood of being re-admitted to hospital.

### What happens after the test?

If you feel comfortable using the NIV and choose to trial it at home, we will issue you with the equipment that you will need. We will arrange for a further appointment within four weeks to discuss whether your treatment was tolerable, effective and used each night. Further detailed information will be issued to you on the day of your appointment that should cover any further questions you may have.

### Questions?

If you have any questions or concerns, please do not hesitate to contact the department to discuss on 0121 371 3870.

Lung function & Sleep  
Queen Elizabeth Hospital Birmingham  
Mindelsohn Way, Edgbaston  
Birmingham B15 2GW

## Information for Patients

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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 [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).