

INFORMATION FOR PATIENTS

Respiratory muscle tests

Your doctor has requested that we perform a test on your breathing to help guide your medical treatment.

Doctors commonly request this test to test the strength of your respiratory muscles that help you to breathe in and out.

The procedure

You will be asked to breathe in and out of a machine; you will be either seated or laid flat during the tests. There are two main tests you may be asked to perform:

- During the first part you will be asked to blow out as far as possible, and then suck in as hard as you can against a blocked tube.

You will then be asked to do the opposite – breathe in as much as possible and then blow out as hard as possible against a blocked tube.

You will then be asked to hold a small device into one side of your nose and sniff as strongly as possible. This will be repeated in the other side of your nose.

- The second test involves you blowing out as far as you can when sat and then again when laid flat to assess the difference.

The doctor may also wish us to take a small sample of blood from your earlobe to measure your oxygen levels.

Please bring with you a list of your current medications.

Before the test

Before attending for your lung function test, please:

- Do not do any vigorous exercise for 30 minutes.
- Do not wear any tight clothing that may restrict your breathing.
- Do not smoke for at least one hour.
- Avoid eating a heavy meal or drinks containing caffeine for two hours.
- Do not drink alcohol for four hours.

Please continue to take all prescribed medication as normal.

Please contact the department if you have experienced any of the following:

- A current or recent chest infection (within the last two weeks).
- Recent eye, stomach, or chest surgery.
- A heart attack within the last month.
- Have attended an Emergency Department in the last two to three days.
- Chest pain on the day of your test.

Please allow up to one hour for this appointment.

Results

The results will go to your doctor who will explain them to you at your next clinic visit. Please note that you will not be given the results on the day of your test.

What if I need hospital transport?

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556.

Contact details

Respiratory Department
Telephone: 01623 672259
Email: sfh-tr.cardiorespiratoryreception@nhs.net,

King's Mill Hospital	Newark Hospital
Mansfield Road	Boundary Road
Sutton in Ashfield	Newark
Notts	Notts
NG17 4JL	NG24 4DE

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net

To be completed by the Communications office
Leaflet code: PIL202505-02-RMT
Created: June 2023 / Reviewed: May 2025 / Revised:
May 2027