

## INFORMATION FOR PATIENTS

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# Lung function tests with reversibility to inhalers

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

Doctors commonly request this test to:

- See if you have any lung disease.
- Measure the severity of lung disease.
- See if medication will make your breathing better.
- Test your lung function before an operation.

### The procedure

You will be asked to breathe in and out of a machine; you will be seated during all the tests. There are 3 main tests you may be asked to perform one or all of the three tests:

1. Measurement of the size or volume of air in your lungs.
2. Measurement of how well oxygen travels from your lungs into your blood. For this you will breathe in until full and then hold your breath for 5-10 seconds.
3. Measurement of the speed you can breathe out by asking you to blast the air out of your lungs as quickly and as long as you can.

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

In some cases we may deliver inhalers and then repeat the first test again to look for any changes.

### 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 1 hour.
- Avoid eating a heavy meal or drinks contain caffeine for 2 hours.
- Do not take alcohol for 4 hours.

If you use inhalers, nebulisers or take tablets for your breathing, please **try not to take the following**:

#### 36 hours before tests:

- Spiriva
- Braltus
- Spiolto
- Incruse Ellipta
- Anoro Ellipta
- Trelegy Ellipta
- Trimbrow
- Enerzair
- Seebri
- Relvar
- Onbrez Breezhaler
- Ateectura
- Breo Ellipta

#### 24 hours before tests:

- Fostair (pink one)
- Symbicort

- Duoresp Spiromax
- Flutiform
- Serevent
- Seretide
- Oxis Turbuhaler

**12 hours before tests:**

- Atrovent

**4 hours before tests:**

- Salbutamol/ Salamol/ Ventolin/ Easyhaler/ Easi-breathe (blue one)
- Bricanyl (blue one)

**If you feel you are too breathless without any of these then you must take them.**

**If you are taking any inhaled medications or allergy medications that are not listed above, please contact the department as soon as possible in order to discuss whether they need to be stopped.**

**Please continue to take all other prescribed medication as normal.**

Please bring with you a list of your current medications.

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

- Current or recent chest infection (within the last 2 weeks).
- Recent eye, stomach or chest surgery.
- A heart attack within the last month.
- Have attended an Emergency Department in the last 2 to 3 days.
- Chest pain on the day of your test.

**Please allow approximately 2 hours 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 may 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: 01623 672259

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](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto:sfh-tr.PET@nhs.net).

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