



East Suffolk and
North Essex
NHS Foundation Trust

Lung / Respiratory function test

***Cardio-Respiratory Department
Colchester Hospital***

Tel: 01206 742612



Having a lung function test

This leaflet provides useful information about having a lung function test. Please read it before you attend for a test.

What is a lung function test?

A lung function test involves breathing into a tube for a short length of time. You will be asked to breathe forcefully, slowly or normally and sometimes to hold your breath. A member of staff will observe your breathing and look at the graph produced to ensure that it is a good quality recording.

Why are lung function tests performed?

Lung function tests are performed to see how the lungs are working and to identify any problems so they can be treated.

Reasons for having the tests

Lung function tests can be performed for a variety of reasons, including:

- if you suffer from shortness of breath or breathing difficulties
- as a routine check before having any surgery
- as an assessment tool to see if medication or treatment is effective.



Risks

Lung function tests are a commonly performed investigation and complications are extremely rare. Some people may experience a brief episode of dizziness after forceful breathing or slight chest pain but this is usually very brief and passes quickly. However, if this happens, you should mention it to the member of staff supervising you.

While complications are extremely rare, all staff are trained in emergencies.

Location

Lung function tests are performed in the Cardio-Respiratory Department at Colchester Hospital. This is located at the rear of the Outpatient Department, which is on the ground floor of the main building.



Medications

Drug to be stopped	Length of time to be stopped	Special instructions	Other instructions	Further instructions
Salbutamol (Ventolin)	6 hours before test	No smoking on day of test	No alcohol 24 hours before test	Avoid vigorous exercise for 30 minutes before test
Salmeterol (Serevent)	12 hours before test	No smoking on day of test	No alcohol 24 hours before test	Avoid vigorous exercise for 30 minutes before test
Tiotropium (Spiriva Handihaler)	12 hours before test	No smoking on day of test	No alcohol 24 hours before test	Avoid vigorous exercise for 30 minutes before test
Fluticasone + Salmeterol (Seretide)	12 hours before test	No smoking on day of test	No alcohol 24 hours before test	Avoid vigorous exercise for 30 minutes before test

Please bring a list of medications with you when you attend.



Instructions to follow before the test

- If you are taking inhalers, please do not take these– as instructed on the chart overleaf.
- If you have had recent surgery, please contact us as we may have to re-arrange your lung function test because of the forceful breathing you may have to do.
- If you have had a recent chest infection and are on antibiotics, please let us know as we may have to rearrange your appointment until you have completed the course.
- Please do not wear lipstick on the day of your test.
- Wear comfortable clothes.

How long will the test take?

The test can take anything from 15 minutes to one hour depending on which particular lung function test the doctor has requested.

Further information

For more information, please contact the Cardio-Respiratory Department on **01206 742612**.



Verifying your identity

When you attend hospital you will be asked to confirm your first and last names, date of birth, postcode and NHS number, if you know it, and to let us know if you have any allergies.

Your experience matters

We value your feedback. Please help us improve our services by answering a simple question, in our online survey – “Overall, how was your experience of our services?”

This survey is known as “The Friends and Family Test”.

You can either scan this QR code with a smart phone camera:



Or type the following web address into your browser:
www.esneft.nhs.uk/get-involved/your-views-matter/friends-and-family-test/

Thank you very much.

Please ask if you need this leaflet
in an alternative format.

Issued by:
East Suffolk and North Essex NHS Foundation Trust
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www.esneft.nhs.uk



DPS: 02178-22(RP) LN: 1559

Issue 3: May 2022 Review date: April 2025
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