

Information for patients attending for a full lung function test



Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

Full Lung Function test

This test provides detailed and accurate information about your breathing and will enable your doctor to provide appropriate treatment should it be necessary.

You will be asked to blow into tubes via a mouthpiece connected to special equipment.

The full lung function test involves a series of three different breathing tests:

Spirometry: this assesses how much air you can blast in-to the machine. First, you will be asked to breathe normally, then take a big deep breath in and blast out as far as you can. When your lungs are empty we will ask you to take a big breath in as fast as possible.

Gas transfer: this test assesses how well oxygen and carbon dioxide transfer to and from your lungs. You will be asked to breathe out as much as possible, and then breathe back in as far as possible and hold your breath for up to 10 seconds.

Static Lung Volumes: this test measures the size of your lungs. You will be asked to relax and breathe normally. When the time is ready, the physiologist will ask you to take a big breath in as far as possible and then breathe out gently as far as possible.

Prior to your test time, you should avoid:

- Smoking for 24 hours.
- Consuming alcohol or a heavy meal for four hours.
- Any caffeine for four hours.
- Vigorous exercise for at least 30 minutes.
- Avoid taking short-acting bronchodilators e.g. Ventolin or Bricanyl.



Will the test cause me any harm?

Some of the breathing tests can be tiring, but you will be given time to recover between tests. There are no known side effects associated with this test.

How long will the test take?

The test will take between 30 minutes and one hour to complete.

What should I wear?

You should wear normal comfortable clothing.

What happens to the results?

The physiologist will write a report on the results obtained and send them on to the consultant. The consultant will interpret the results in light of your symptoms and medical history.

If you do not already have an appointment to see the consultant, they should write to you inviting you to come and see them. They may also write to your GP with the results with one month.

Important Information

Please contact the department if:

- You have a current chest infection requiring antibiotic treatment.
- You have had any surgery within the last two months.
- You are unwell for any reason on the day of the test.

Contact details for Cardio-Respiratory Departments:

Doncaster Royal Infirmary

Tel: 01302 642456 Monday to Friday 8.30am to 4.30pm

Bassetlaw Hospital

Tel: 01909 572761 Monday to Friday 8.00am to 4.30pm

Patient Advice & Liaison Service (PALS)

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person or by telephone 8.30am till 5.00pm, Monday to Friday (excluding bank holidays) or via email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059 **Email:** dbth.pals.dbh@nhs.net