

## Coming for tests

If you have experienced any of the following within 6 weeks of your appointment date, please contact the Respiratory Lab (01225 824314) as we may need to reschedule your appointment:

- Surgery to eyes, chest or abdomen
- Heart attack, stroke or unstable angina
- Pneumothorax
- Coughed up blood and the cause is not known.

## On the day of your appointment

- Please refrain from smoking, drinking alcohol and vigorous exercise.
- Please avoid a heavy meal 2 hours before your tests – a light snack is fine.
- Please wear loose comfortable clothing.
- Please bring any inhalers you are using with you. Try not to use Ventolin, Salamol, Bricanyl, Atrovent inhalers for 4 hours prior to the tests. If you need use your inhaler please note the time you took it. **Please take all other medication as prescribed.**

## Finding us

Car parking is available on site; however it can be extremely busy during the week.

The Respiratory Lab is situated in the Respiratory Outpatient Department on the 2nd Floor of Zone B, department 49.

**If you have any questions please contact the Respiratory Lab**  
**Tel: 01225 824314**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

## Lung Function Tests

What to expect when you come for tests



# This leaflet explains:

- Why we do lung function tests
- The different types of test
- What you need to do if you are coming for tests.

## Why do we need to do the tests?

- To assess how well your lungs are working. This will help the doctor to diagnose any breathing problems you may have.
- If you have been diagnosed with a respiratory condition the tests will be used to monitor the condition.
- The tests can be used to monitor the effectiveness of any treatment.
- Anaesthetists sometimes ask for the tests prior to an operation.

## Who will perform the tests?

One of our Clinical Physiologists who specialises in Respiratory will perform the tests.

## Routine Tests

Routine tests may include some or all of the following:

- **Spirometry** to measure how much air you can get out of your lungs (vital capacity). How fast or hard you can blow will tell us how open your airways are. You will be asked to take the biggest breath in that you can and blow it all out as fast/hard as you can.
- **Transfer Test** to compare the air that you breathe in with the air that you blow out to see how well your lungs are taking oxygen out of the air. You will be asked to take a big breath in and hold your breath for a few seconds then blow it out.
- **Total Lung Capacity.** There is always some air left in your lungs even when you have blown out as much as you can. This test measures the total amount of air in your lungs. You will be asked to do some normal breathing and some deep breaths in and out.
- **Exercise Test.** Called a 6 minute walk test or exercise oximetry. This involves walking on the flat, at your own pace, whilst we monitor your oxygen levels, heart rate and how far you walk.



## How long do the tests take?

The tests will take about 20-45 minutes depending on which tests have been requested. The tests will have been requested by one of the doctors who look after you at the RUH or your GP.

If you are under the care of a Respiratory Consultant at the RUH we will try and do your tests on the same day as your clinic appointment to make it more convenient for you. However, as most respiratory patients have tests, it is not always possible to do the tests immediately before your clinic appointment.

There may be a wait between doing the tests and seeing the doctor with the results. The hospital has a restaurant, cafe and coffee shop if you would like some refreshments whilst waiting.