LUNG FUNCTION CHECKS

The purpose of this lung test is to determine how well your lungs are working by measuring the amount of air you can breathe in and out. You will therefore be asked to blow into a machine with a nose clip on your nose. It may also be necessary to repeat the test after you have taken an inhaler. Your doctor or nurse will decide if this is required.

**This appointment takes approximately 30-45 minutes**

BEFORE

**Before the test please avoid:**

Eating a large meal 2 hours before

Drinking alcohol 4 hours before

Vigorous exercise 30 minutes before

Smoking for at least 24 hours before

Wearing tight clothing that may restrict your breathing during the test

**Please contact the practice if you have experienced any of the following:**

Recent chest infection in last 6 weeks

Recent eye, stomach, or chest surgery

Attended A&E in last 2-3 days

Chest pain on day of your test

If you use inhalers, please try not to take your reliever

Salbutamol (Ventolin) or Brincanyl

**4 HOURS BEFORE THE TEST**

If you find difficult to manage without your inhaler, please use it and make a note of the time. When you arrive for your test please tell us if you have used your inhaler and at what time.

All other medications should be taken as directed by your doctor or nurse.

AFTER

The results of the lung function test will be sent to the doctor or nurse who requested the investigation and the results will be discussed with you at your next clinic appointment.