

Lung Function Laboratory

Lung function tests

Information for patients, relatives and carers

This leaflet has been designed to give you information about **lung function tests** and answers some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team but aims to help you understand more about what is discussed. If you have any questions about the information below, please contact us.

Introduction

Lung function tests measure how well your lungs are working. They involve a series of breathing exercises which measure different aspects of your lung function.

What to expect on the day

We start by checking your recent medical history to make sure it is safe to perform the tests. We also check your height and weight so that we can interpret the results correctly.

The tests are performed using a mouthpiece attached to the measuring equipment, and you will wear a nose clip so that no air can pass through your nose. This is to make sure that we measure all of the air that you breathe. We will normally ask you to perform each test a minimum of three times to make sure the results are consistent, but you will be able to rest in between the measurements.

Are there any reasons why I shouldn't do the test?

If you have had any changes to your health in the **six weeks** leading up to the test, it may be necessary to rearrange your appointment. Please contact us using the telephone number on your appointment letter to discuss anything you think may affect your test performance. Examples of this are listed below:

- recent surgery to your chest, abdomen or eyes
- a collapsed lung or broken ribs
- episodes of chest pain or a heart attack
- chest infections requiring antibiotic treatment
- coughing up blood
- diarrhoea/vomiting

How to prepare for the test

- Wear comfortable clothing that does not restrict your breathing capacity
- Do not eat a heavy meal an hour before your appointment and avoid alcohol for the whole day before the test

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- Unless we have told you otherwise at previous appointments, try not to use your inhalers for eight hours before the tests. Sometimes we may need you to stop taking antihistamines too, but we will let you know this in advance

Getting the results of the test

Your test results are usually available immediately after the tests have been completed. Once the report is ready, we upload it to the hospital information system so that the referring team can see the results. If you have been referred from a different hospital, we will send a copy out to them.

We do not send results directly to your GP because the referring doctor needs to interpret them with your medical history and any other tests you may have had. The team who sent you for the tests will send a summary of the tests to your GP.

Useful contacts

Your appointment letter will tell you which hospital the test is booked at. The telephone numbers for each site are listed below.

If you need to change your outpatient appointment with the doctor/nurse you need to call the outpatient booking office on 020 3313 5000.

Lung Function Lab numbers:

Charing Cross Hospital	020 3311 7180
Hammersmith Hospital	020 3313 2352
St Mary's Hospital	020 3312 6022

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

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