

Paediatric respiratory physiology, St Mary's Hospital

# Lung function tests for children and adolescents

Information for patients, relatives and carers

## What is a lung function test?

A lung function test is an **investigation to find out (diagnose) or monitor breathing problems**. It involves blowing into a medical device to measure various things about your child's lungs, such as lung size. Lung function tests are not invasive; they do **not** involve any needles, and they do **not** hurt.

## Before your appointment

Please **bring all of your child's inhalers with you** to the appointment.

Please also **temporarily stop taking any prescribed inhalers** for the length of time specified below. However, if your child feels breathless and needs to take their inhalers, do let them but please tell the physiologist during your appointment.

Stop using for **4 to 6 hours before your appointment**:

- Salbutamol (Ventolin / Salamol / Airomir / Asmasal / Salbulin)

Stop using for **12 hours before your appointment**:

- Symbicort
- Seretide
- Atrovent
- Spiriva (Tiotropium) / Eklira / Genuair / Seebri / Breezhaler
- Revlar
- Fostair
- Flutiform

Stop using for **24 hours before your appointment**:

- Anoro / Ellipta
- Ultibro / Breezhaler
- Duaklir / Genuair
- Spiolto / RespiMAT

Please make sure your child follows these instructions before the test:

- continue to take all other medication as normal
- do not smoke in the 24 hours before the test

- 
- do not drink alcohol on the day of the test
  - do not drink caffeinated drinks for two hours before your test – these include coffee, caffeinated teas, and some fizzy drinks like cola
  - avoid eating a large meal two hours before your test
  - do not eat nitrate-rich foods for two hours before your test – these include lettuce, bacon, spinach and beetroot
  - wear non-restrictive comfortable clothing
  - avoid strenuous exercise two hours before the test

## When you arrive at the hospital

When you arrive, please check in with the staff at the front desk of the paediatric outpatients department.

We will then take you and your child to a private room for your appointment. The tests will take between 10 and 30 minutes, during which your child will blow into the medical device. We might need to give your child a common asthma inhaler containing Salbutamol on the day of the test.

## What happens after the appointment?

After the test your child can go back to their normal activities. Your child should **continue taking their inhalers as prescribed after the test**.

The final report will be sent to the doctor who referred your child.

## How do I give feedback?

We want to hear your **suggestions** or **comments**. Your feedback helps us provide the best service. You can always speak to a member of staff.

You can also contact the **patient advice and liaison service (PALS)** on **020 3312 7777** (10.00 to 16.00, Monday to Friday excluding bank holidays) or email at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net). The PALS team will listen to your concerns, suggestions or questions and they can help solve problems.

You can make a complaint by ringing **020 3312 1337 / 1349** or emailing [tr.Complaints@nhs.net](mailto:tr.Complaints@nhs.net). The address is Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street, London W2 1NY.

## Other ways to read this leaflet

Please email us at [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net) if you need this leaflet in a different format. This could be large print, Easy read, as a sound recording, in Braille or in a different language.