Pulmonary function tests (with reversibility studies)

All about your breathing tests
Because you may have been feeling breathless or a little wheezy your doctor has asked us to perform some breathing tests to help decide what treatment you require.

The tests involve measuring your normal breathing, measuring how much air your lungs can hold and how well you breathe in and out.

The tests are completely painless.

How long will the tests take?
This will depend upon which tests are needed. Basic tests will take approximately 1 hour, but there may be waiting time for medication to take effect, and you may be asked to stay a further 1 - 2 hours depending on the test required.

What about medication?
To obtain the best results from the tests it may be necessary to stop certain medication (see list below and overleaf). Take listed medication only if you cannot manage without it. It is important to continue medication that is not on the list.

Please bring an up-to-date list of all your medication with you.

Medication list
Please do not take any of the following drugs or inhalers as instructed:

6 hours before your visit:

<table>
<thead>
<tr>
<th>Drug name</th>
<th>Brand name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Salbutamol</td>
<td>Ventolin, Volmax, Aeromir, Asmasol, Aerolin, Ventide</td>
</tr>
<tr>
<td>2. Ipratropium Bromide</td>
<td>Atrovent, Combivent, Duvovent, Respontin</td>
</tr>
<tr>
<td>3. Terbutaline</td>
<td>Bricanyl</td>
</tr>
<tr>
<td>4. Fenoterol</td>
<td>Berotec</td>
</tr>
</tbody>
</table>
12 hours before your visit:

Drug name      Brand name
1. Eformoterol Fumarate    Foradil/Oxis
2. Sodium Cromoglycate     Intal/Aerocrom
3. Nedocromil Sodium       Tilade
4. Formoterol and Budesonide Symbicort

24 hours before your visit:

Drug name       Brand name
1. Bambuterol     Bambec
2. Salmeterol     Serevent, Seretide
3. Theophylline   Neulin
4. Theophylline   Neulin 510-Phyllin
5. Montelukast/Zafirlukast Singulair/Accolate

Do I need to do anything else?
In order to get accurate results, please refrain from the following:

• Smoking for 24 hours before the tests.
• Drinking any alcohol for 4 hours before the tests.
• Doing any vigorous exercise for at least 20 minutes before the tests.
• Wearing any tight clothing which would restrict your breathing.
• Eating any big meals for at least 2 hours before the tests.

What are the risks, consequences and alternatives associated with having these tests?
Please be reassured that the risks outlined below are minimal.

There is a small risk of fainting when blowing out. However, as soon as you stop blowing, the symptoms will disappear.

If you are known to have angina/heart problems, there is a possible risk of chest pain. It is important that you tell the physiologist performing the test if you suffer from either of these.

During the test you may be given an inhaler, which could give you some minor side-effects. You may experience a slight shaking sensation and/or palpitations (awareness of your heart beating). These symptoms will disappear after a short time.

Your consultant has recommended this investigation as being the best option. There are no alternative investigations available. However, there is always the option of not having any investigations at all. The consequences of not having any investigations are that a complete diagnosis may not be obtained. If you would like more information please speak to your consultant or respiratory physiologist.

If you have any queries, or require further information please contact a respiratory physiologist on 01332 787181.

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