Women's & Children's Hospital

# Lung Function Tests

| | |
|---|---|
| APPOINTMENT FOR: | |
| TEST DATE & TIME: | |
| SPIROMETRY EXHALED NITRIC OXIDE LUNG VOLUMES<br>DIFFUSING CAPACITY RESPIRATORY MUSCLE STRENGTH | |

.

## TEST PREPARATION

Please DO NOT

- Eat a large meal within 2 hours
- Consume significant quantities of coffee, tea or other caffeinated beverages
- Perform vigorous exercise within 30 minutes of testing
- Smoke within 1 hour prior to testing
- Wear clothing that substantially restricts full chest and abdominal expansion

You should ensure that you have a follow up appointment with either your requesting physician or a respiratory consultant from the Department of Respiratory & Sleep Medicine following the test. Respiratory consultant bookings or cancellations can be made by telephoning the departmental secretary on: (08) 81617234.

**IF YOU ARE UNABLE TO ATTEND THIS APPOINTMENT OR HAVE ANY QUERIES REGARDING YOUR TEST PLEASE TELEPHONE THE LUNG LAB ON: (08) 8161 6235**

***Please bring your Medicare Card***

**The Lung Lab**

**Zone C – Floor 6**

72 King William Road,
North Adelaide SA 5006

**Lab telephone:- (08) 8161 6235**

Government of South Australia
SA Health

Women's & Children's Hospital

Women's & Children's Hospital

# Lung Function Tests

## WHAT HAPPENS

What does testing involve? Lung function tests aren't complicated to perform but they can be hard work. You will be asked to breathe through a mouthpiece that is connected to the lung function test equipment.

## SPIROMETRY

In this test you will be asked to inhale as much air as possible and then blow the air out as fast as you can until no more air can be exhaled. (time: 15 minutes)

## EXHALED NITRIC OXIDE

This test measures the concentration of nitric oxide in the air that you blow out to help us determine if there is inflammation in your lungs. (time: 15 minutes)

## DIFFUSING CAPACITY

This test measures how well gases move from the lungs to the bloodstream. In this test you will be asked to take a deep breath in of a harmless gas mix and hold your breath for around 10 seconds. (time: 15 minutes)

## LUNG VOLUMES

This test requires you to sit inside a see-through chamber. Sensitive equipment measures very small pressure changes occurring inside the chamber as you are breathing; these pressure changes are used to calculate your total lung volume or capacity. (time: 15 minutes)

## RESPIRATORY MUSCLE STRENGTH

This test involves sucking or blowing against blockage, or coughing on the mouthpiece. (time: 15 minutes)

**The Lung Lab**

**Zone C – Floor 6**

72 King William Road,
North Adelaide SA 5006

**Lab telephone:- (08) 8161 6235**

Government of South Australia
SA Health
Women's & Children's Hospital