

COMPREHENSIVE LUNG FUNCTION TESTING

Comprehensive lung function testing involves performing four separate breathing tests. Each test provides information about a specific component of how your lungs are functioning. All together, the results of these tests provide a comprehensive assessment of lung function and assist in identifying if disease is present, the type and severity of disease, progress of disease and response to therapy.

The four tests that you will be asked to perform are:

- 1) Spirometry: measures lung capacity and how open or narrow your airways are.
- 2) Gas Exchange: measures how well the oxygen in your lung is able to move into your blood.
- 3) Lung Volumes: measures how 'big' your lungs are and how well the air in your lungs is distributed.
- 4) Lung Clearance Index: measures how uniformly your airways are emptying or is there a lot of variation

Patient Preparation

Medication Withholding

If this is your first visit to The Lung Health Clinic, please avoid using:

- Ventolin, Asmol, Airomir, Bricanyl,: for **6 hours** prior to your appointment time.
- Atrovent for **12 hours** prior to your appointment time
- Seretide, Symbicort, Serevent, Oxis, Foradile, Flutiform, Bretairis Genuair:
For **18 hours** prior to your appointment time.
- Onbrez, Seebri, Spiriva, Ultibro, Breo Ellipta, Incruse, Anoro, Trelegy and Spiolto for **36 hours** prior to your appointment time.

Please continue to use all other inhalers(s)/puffers(s) and oral steroid medications as usual.

IMPORTANT: if you are unwell and experiencing symptoms, please use your usual rescue medication (eg. Ventolin, Asmol, Airomir, Bricanyl etc) and telephone The Lung Health Clinic to discuss.

If this is a follow-up visit to The Lung Health Clinic, please continue to take all your respiratory medications as usual unless you have specifically been requested to withhold.

Cigarette Smoking

If you are a cigarette smoker, please avoid smoking on the day of your test.

Strenuous Exercise

Please avoid vigorous or strenuous exercise on the day of your test.

Typical Test Time

30-45 minutes

Questions

If you have any questions, please do not hesitate to contact The Lung Health Clinic.