

Pulmonary Function Test

Patient/Carer Information Leaflet

Department of Paediatric Respiratory and Sleep Physiology
The Royal Hospital for Children and Young People, Edinburgh, EH16 4TJ

What is a Pulmonary Function Test?

These are tests which look at how well your lungs work.

Please share your experience with us via Care Opinion using this QR code >



What are we going to get you to do?

During these tests we will get you to wear a clip on your nose to make sure that no air escapes... the tests involve you breathing normally, taking big breaths in and out fast or slow and sometimes holding your breath.

Spirometry: Spirometry is a test that shows how much air you can blow out and how fast you can blow it out.

Lung Volumes: Measuring lung volumes (the total size of your lungs) gives us more detailed results.

Gas Transfer: This test measures the amount of oxygen that passes from your lungs into your blood.

Reversibility: Sometimes we will be asked to give you a blue inhaler called Salbutamol to see if that improves your breathing. We repeat your Spirometry test after a 15 minute wait and assess the difference.

This QR code will take you to a video of the test being performed >



What do you need to do prior to your appointment?

The following should be avoided prior to your Pulmonary Function Test:

- Eating a large meal within 2 hours of testing. Please do eat/drink on the day of your test.
- Performing vigorous exercise within 1 hour of testing
- Wearing clothing that is too tight and stops you breathing in and out fully
- Consuming alcohol within 4 hours of testing
- Smoking within 24 hours of testing
- PLEASE BRING ALL INHALED MEDICATIONS (INCLUDING SPACER DEVICE) TO YOUR CLINIC APPOINTMENT
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DO NOT take your **BLUE** inhaler (known as Salbutamol) for **4 hours** prior to your appointment – do take it if you need to. If you have taken this medicine please contact us as this medicine may affect the outcome of your test and we may need to rearrange your appointment.

If you are using any additional inhalers, please contact the department to discuss as you may need to stop this before the test also.

How long does it take?

Your appointment will last between 20 minutes and 1 hour. This depends on which tests have been requested by your clinician.

How do I get my results?

The results will be sent to your consultant, who will contact you directly to discuss the results.

Where are we located?

Respiratory Physiology is located in OPD 9.

From the Main Entrance to Royal Hospital for Children and Young People, please report to Ground Floor Outpatient Reception Desk.

If you have any other questions or need to change your appointment, please telephone: 0131 312 1124