



SYDNEY RESPIRATORY SPECIALIST

IMPORTANT INFORMATION

Patient Preparation for Lung Function Testing

What are lung function tests?

Lung function tests, or breathing tests, are tests that can be done to find out how well your lungs and airways are working. Lung function tests can help in the diagnosis of respiratory (breathing) conditions, work out how severe a condition is, and help monitor the response of treatments.

Most lung function tests are straightforward and are non-invasive, however they do require maximum effort to provide accurate results. This may be tiring and make you feel a bit breathless but should not be painful or uncomfortable.

Preparing for your test

Please refrain from:

- Tobacco smoking / vaping/ water pipe use for at least 1hr prior
- Performing vigorous exercise for at least 1 hr prior
- Eating a heavy meal up to 1hr prior
- Consuming intoxicants / alcohol/ marijuana smoking/ caffeine drinks for at least 8 hr prior to tests
- Wearing restrictive clothing around the chest or stomach.

A Covid RAT test must be done at home prior to arrival on the day, please bring negative result.

Please withhold your 'puffers/inhalers' before testing in accordance with **TABLE 1**.

If you could not withhold these the required times because your breathing was compromised, or your doctor advised otherwise, or you simply forgot to withhold, please keep your test appointment and let the testing scientist know at the time of testing.

Please note for this test the Scientist will be required to ask you age/weight/sex/height and ethnicity to adjust your lung function test.

Lung Function **Tests should NOT be performed if** : you have had minor surgery or a concussion within 1 week of the test appointment; have had a chest infection within 2 weeks of the test appointment; have had major surgery within 4 weeks of the test appointment; have an infectious respiratory condition (eg active TB, influenza); are in late term pregnancy; have unstable vascular or cardiac conditions. If any of these apply to you, please call our rooms on 9487 8373 to reschedule or cancel as appropriate.