

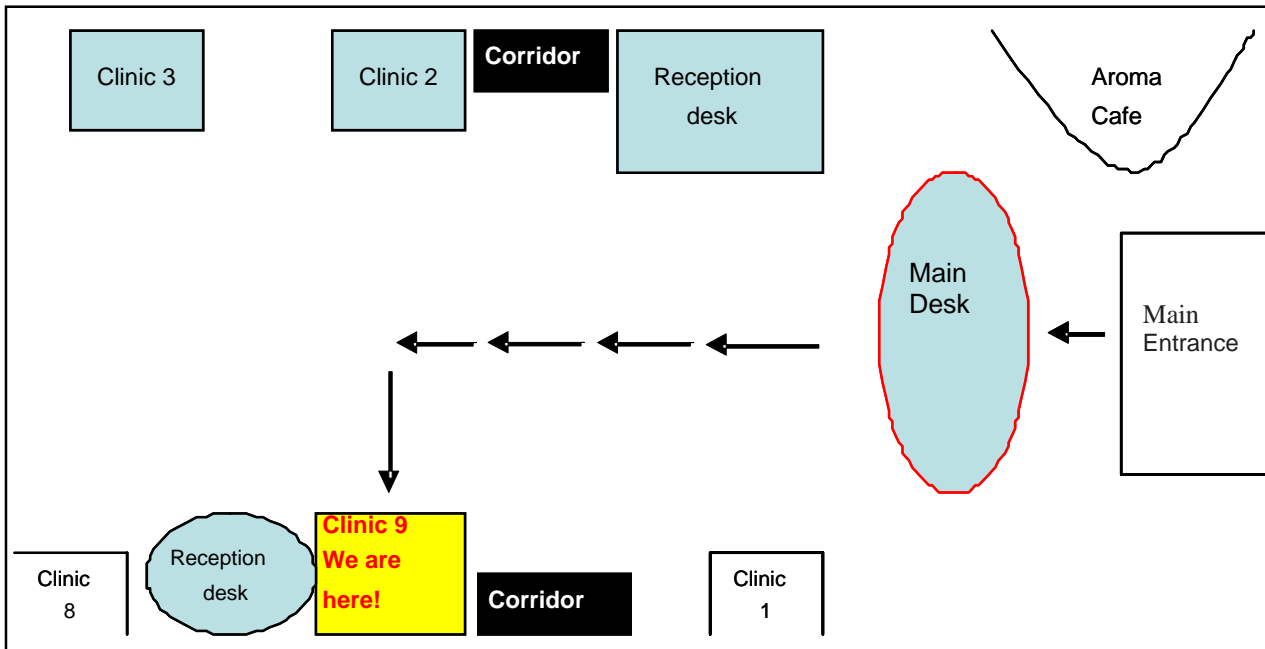
Lung Function and Bicycle Exercise Test

RESPIRATORY FUNCTION LABORATORY

The Paediatric Respiratory Function Laboratory is located behind Clinic Area 9 in the Out-patient Department of The Royal Hospital for Children within the Queen Elizabeth University Hospital campus. When you enter the main entrance of the Children's Hospital walk straight up the main atrium to the clinic area. We are on the left hand side. When you scan in at the self-service kiosk you still need to ring the bell to let us know you have arrived.

Please ring the doorbell to let us know when you have arrived.

Respiratory Function Laboratory
Outpatient Clinic Area 9
Royal Hospital for Children
QEUH, Govan Road
Tel: 0141 452 4071



RESPIRATORY FUNCTION LABORATORY

IT IS IMPORTANT THAT YOU TELEPHONE OUR OFFICE WHEN YOU GET THIS LETTER TO LET US KNOW THAT YOU ARE ABLE TO KEEP YOUR APPOINTMENT

**Department telephone number:
0141 452 4071**

Your child's doctor has requested that

1. Lung function and an
2. Exercise test be carried out on your child.

The tests will be carried out in the Respiratory Function Laboratory. This leaflet is sent with a letter informing you of the date and time of your appointment.

WHY DOES THIS NEED TO BE DONE?

Breathing and exercise tests can help your doctor decide how well your heart and lungs are working or if your child has asthma and/or other lung/cardiac problems. The tests are performed in the Respiratory Function Lab. During the tests your child will blow into a few tubes and either cycle on an exercise bike or run on a treadmill.

HOW DOES THE TEST WORK?

1. Lung Function tests - Your child will blow in and out through tubes lots of times (it's like doing peak flows). This can take up to 30 minutes.

2. Exercise test - This involves fitting a mask, putting sticky pads on the chest, a blood pressure cuff and a sensor on the finger. Once set up, your child will exercise on the cycle machine as seen in the picture above. This can take up to 30 minutes in total. We may then give your child some medicine (Ventolin) using an inhaler if the doctor has asked for this

After this the blowing tests, done at the start, are repeated to see if there is any improvement in the blows. The Physiologist will be with your child at all times, encouraging them to do their best. The test will take approximately 1.5 - 2 hours in total.

HOW TO PREPARE FOR THE TEST?

- Talk with your child about the information in this leaflet.
- Tell your child the tests don't hurt.
- Answer as many questions as you can. If you can't answer a question contact us using the details overleaf.
- You should give your child their prescribed medicine as usual. This does not need to be stopped for the test.
- Visit www.whatwhychildreninhospital.org.uk/hospital-videos

And you and your child will be able to see a video of the pulmonary function tests and the Cardio-pulmonary exercise test being performed.

WHAT SHOULD YOU BRING ON THE DAY?

Please wear or bring comfortable clothes (e.g. gym kit) and trainers for your child (because they'll be cycling on the exercise machine). Bring something for your child to drink – carton of juice, bottle of water (because the tests usually take about 2 hours with a break halfway through).

WHAT HAPPENS AFTER THE TEST?

Your child can go home after the tests. You will not get the results on the day of the test. The results will be sent to the doctor who arranged the test for you. You will get the results at your next clinic appointment with this doctor. The doctor will explain the test results to you and discuss any changes with you.

ARE THERE ANY REASONS WHY MY CHILD SHOULDN'T COME FOR THE TEST?
Yes. If your child has a cold or a chest infection this can affect the test results. You should rearrange the test. Ring the respiratory lab before the day of the test or as soon as you know your child is not well enough to attend. We can sometimes call another child in at the last moment.