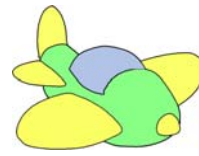


# Respiratory Function Laboratory



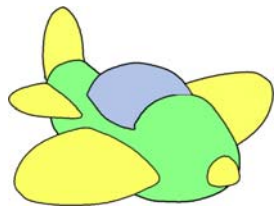
## **FITNESS TO FLY**

Your child's doctor has requested that a fitness to fly test be carried out on your child. The test will be carried out in the Respiratory Function Laboratory. This is located on the Ground floor in the Outpatients Department at Clinic 9. This leaflet is sent with a letter telling you the time and date of your appointment.

**IT IS IMPORTANT THAT YOU PHONE OUR OFFICE WHEN YOU GET THIS LETTER TO TELL US THAT YOU ARE ABLE TO KEEP YOUR APPOINTMENT.**

## **WHY DOES THIS NEED TO BE DONE?**

The oxygen level in a plane is lower than the air we usually breathe. It is about the same level of oxygen in the air that your child would breathe if you took them to a mountain ski resort. The test is done to check whether your child will need oxygen to be safe to fly in a plane.



**Department  
telephone number:  
0141 452 4071**

## **HOW DOES THE TEST WORK?**

During the test your child sits in a large box (see photo) for about an hour. If your child is young you may have to sit in the box with them.

The first part of the test slowly changes the air your child is breathing. We take a small amount of oxygen out of the box until it is equal to the oxygen level in a plane. This normally takes 10-20 minutes. Once this is done we keep an eye on them for about 40 minutes. During this time we may add some oxygen to the air that they are breathing to see if your child may need oxygen during the flight. We may put oxygen prongs or a mask on your child to do this. Once we have enough information the test is stopped and the box is opened.

**You 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 hospital 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.**

**PLEASE ENSURE ALL NAIL POLISH, ACRYLIC, GEL AND FALSE NAILS ARE REMOVED TO ENSURE WE CAN PERFORM MEASUREMENTS.**

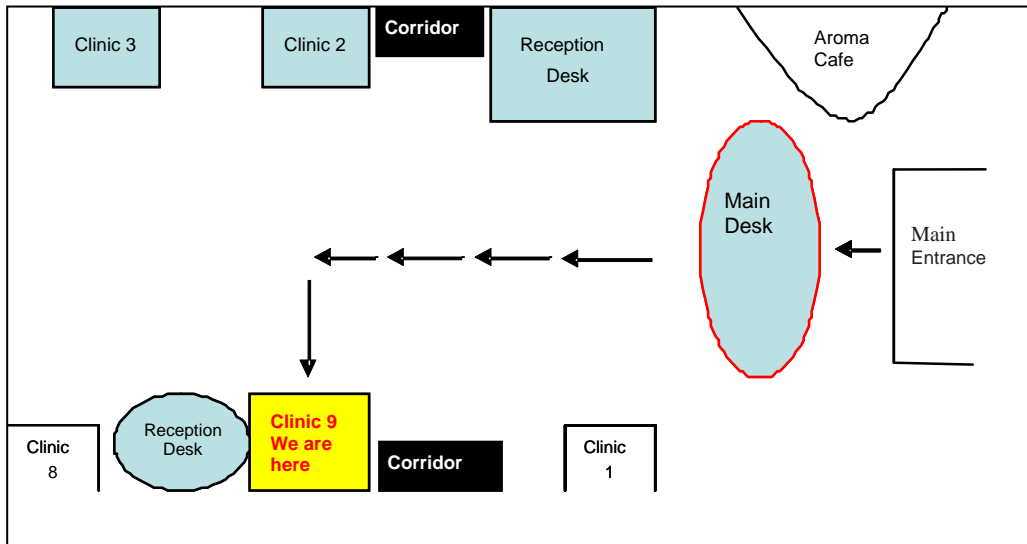
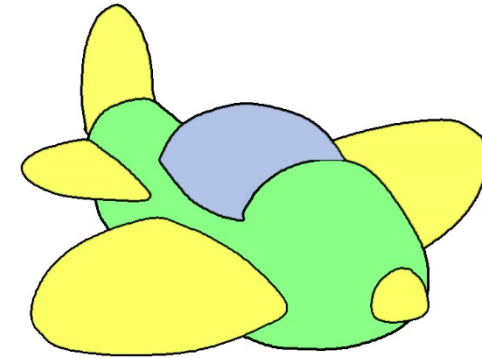
## **HOW TO PREPARE FOR THE TEST**

The test is quite long and boring. It is a good idea to bring something to keep your child busy. Books, computer games and small toys are all suitable. We also have a small DVD player so you may bring in a favorite movie if you prefer.

When you and your child are in the box it gets quite warm. It would be a good idea to bring some summer clothes to change into so you do not get too hot while in the box.



# Fitness to Fly Assessment



## RESPIRATORY FUNCTION LABORATORY

The Paediatric Respiratory Function Laboratory is located in Clinic area 9 in the Outpatient Department of The Royal Hospital for Children within the Queen Elizabeth University Hospital campus. Enter the main entrance of the Children's Hospital and 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 you have arrived.**

