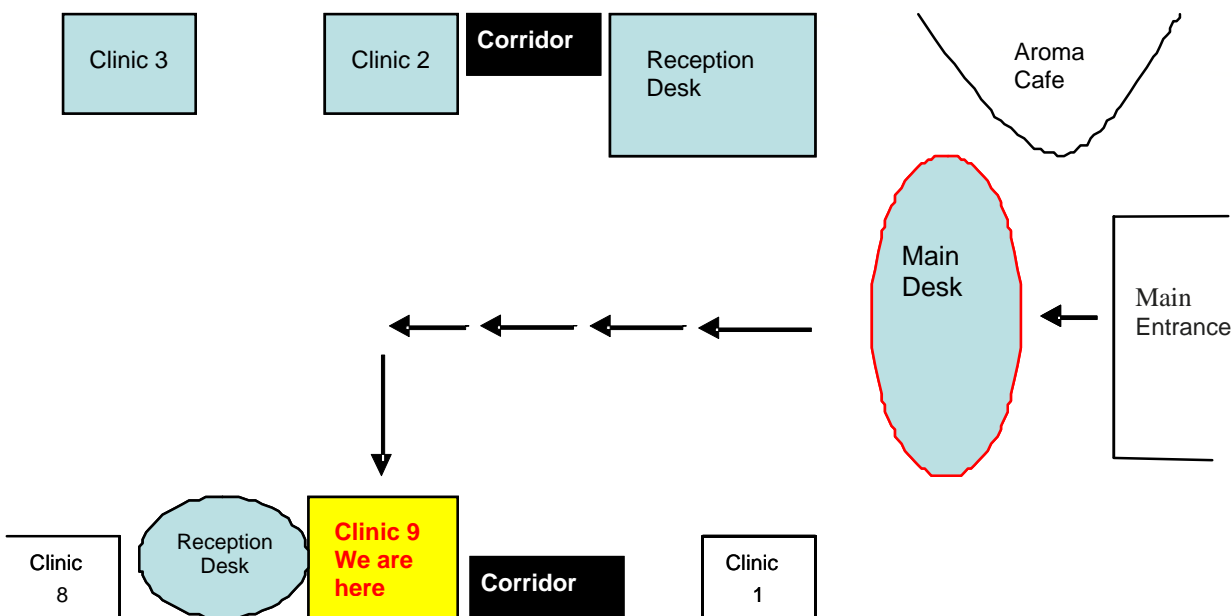
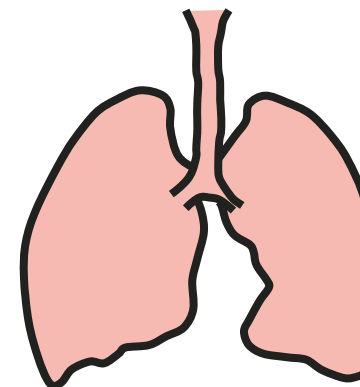


# Lung Function & Exercise Tests



## 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 when you have arrived.**

## RESPIRATORY FUNCTION LABORATORY

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

0141 452 4071

Your child's doctor has requested that a lung function and an exercise airway challenge test be carried out on your child.

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

### WHY DOES THIS NEED TO BE DONE?

Breathing tests can help your doctor decide how well your lungs are working or if your child has asthma or other lung problems.

### HOW DOES THE TEST WORK?

**Lung Function test** - Your child will blow in and out through tubes lots of times (it is similar to peak flows).

**An Exercise Challenge test** – Your child will be put on the treadmill (jogging machine) and will be made to walk/jog whilst on an incline for around 6 minutes. They will be working quite intensely during this period. We will put a sensor on their finger which will tell us how fast their heart is beating and how much oxygen is in their blood. We will then repeat one of the breathing tests after the exercise to check for any drop in lung function.

We will then give your child some medicine (Ventolin) using an inhaler or nebulizer.

After this we will repeat some of the blows to see if the medicine has worked. The Physiologist will be with your child at all times, encouraging them to do their best. The test will take approximately 2 hour 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.
- Stop giving some medicines as some can affect the results of the tests. Your child should stop taking the medicines listed below:

If your child is taking this:

Stop giving it this long before the test:

• Ventolin (Salbutamol)	6 hours
• Bricanyl (Terbutaline)	6 hours
• Atrovent (Ipratropium bromide)	12 Hours
• Seretide, Symbicort	36 hours
• Relvar	48 hours
• Intal (Cromoglycate)	24 hours
• Slophylline	12 hours
• Uniphyllin	12 hours
• Singulair (Montelukast)	12 hours

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

### REMEMBER

If your child needs their reliever (Ventolin or Bricanyl) after the time given above, let them use it.

Tell the physiologist if this happens.

Your child should NOT stop taking their preventer medicine (e.g. Becotide, Pulmicort, Flixotide etc.) We will ask you about the asthma medicines your child takes.

### WHAT SHOULD YOU BRING ON THE DAY?

- Wear comfortable clothing.
- Bring something for your child to drink – carton of juice, bottle of water).

### 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.

### 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.