
Pre-test information

Preparing for your appointment

In order to be prepared for your lung function appointment it is important that you are well enough to perform the required tests.

If you have any of the following ailments/symptoms in the week before attending, please contact the department on details below:

- Recent onset of cough/cold
- Raised temperature/fever
- Current/resolving chest infection
- Diarrhoea and/or Vomiting
- Flu like symptoms
- Recent admission to hospital
- Surgery in the 4 weeks prior
- Cardiac symptoms in the 4 weeks prior

If you are not currently well or unsure if you would still be able to perform the test, please contact the lung function department on details below.

We will aim to assist you in deciding whether it is better to attend the appointment, or reschedule.

The Physiologist will check that it is safe for you to perform the required tests at the start of your appointment, and will consult with your doctors as required.

Some tests may also require that you stop taking some of your medication, so please check your appointment letter for details.

This is important to ensure that we are able to perform all the tests when you attend for your appointment.

Unfortunately accidentally/incorrectly taking medication may result in us not being able to perform tests at that appointment and therefore delay your doctor to manage your health

optimally.

The type of medication and time period that you should avoid taking these medications, will be stated in your appointment letter.

More information for each test and what to expect during your visit can be found in the lung function services section ([hyperlink](#)).

If you have any concerns about your ability to perform the test, or any other queries, please do not hesitate to contact us on the following number: **01223 217065**

Please try to avoid:

- Smoking within at least 24 hours of testing
- Consuming alcohol within 4 hours of testing
- Performing vigorous exercise within 30 min of testing
- Wearing clothing that substantially restricts full chest and abdominal expansion
- Eating a large meal within 2 hours of testing

Please refrain from taking the following inhalers if you are performing the following tests: Reversibility, Methacholine challenge, Mannitol challenge

Short-acting inhalers: (Salbutamol, Terbutaline) 4 hours prior to testing and(Ipratropium) 6 hours prior to testing.

Long-acting inhalers: (Salmeterol, Formoterol, Olodaterol, Indacaterol, Vilanterol) 12 hours prior to testing

If you are unsure of the inhaler you use, please contact the department or use the link below to find your inhaler.

<https://www.primarycaretraining.co.uk/wp-content/uploads/2013/07/Drugs-and-Devices-January-2019.pdf>

Please refrain from taking the following medications if you are having a Skin prick allergy test:

Anti-histamines (Acrivastine, Bilastine, Cetirizine Hydrochloride, Desloratadine, Fexofenadine Hydrochloride, Levocetirizine Hydrochloride, Loratadine, Mizolastine) 3 days prior to testing

Please contact the department if you have had any of the following issues:

- Current or starting a chest infection

- Acute diarrhoea/nausea/vomiting 72 hours prior to testing
- Coughing fresh blood 1 week prior to testing
- Acute chest pain