

LUNG FUNCTION TESTING

This is a simple “breathing test” to assess your lung function and will help us to treat your respiratory disease. **Please ensure that you bring with you all the inhalers you are currently using.**

The test will take approximately 30 minutes.

Please try to avoid:

1. Smoking for 24 hours prior to the test
2. Drinking alcohol for at least 4 hours prior to the test.
3. Vigorous exercise for 30 minutes prior to the test.
4. Wearing clothes which restrict chest and abdomen exercise.
5. Eating a big meal for at least 2 hours prior to the test.
6. Taking your reliever (blue) inhaler for at least 2 hours prior to the test.