

ROUTINE TESTS AVAILABLE

- Spirometry: Measurement of FEV1 and FVC. Designed to identify obstruction & measure airway reversibility (asthma).
- TLCO: Measures the lungs ability to transfer oxygen from the alveoli into the pulmonary capillary blood. Varies with: Hb, thickness of alveolar-capillary membrane (fibrosis), surface area of the alveolar-capillary membrane (emphysema).
- Expired Nitric Oxide (FeNO): Determines the presence of current eosinophilic airway inflammation.
- Lung Volumes (Plethysmography): Measures lung size (eg: TLC) to confirm restriction.
- MIPS & MEPS: Maximal Inspiratory and Expiratory Pressures: Quantifies respiratory muscle strength.
- Bronchial Challenge: Measures bronchial hyper reactivity, to assist in the diagnosis of current asthma.
- Skin Prick Test (aeroallergens only): Determines the presence of skin sensitizing antibodies (IgE) to aid in the diagnosis of allergic disease.

SPECIALISED TESTS AVAILABLE

- 6MWT (6-minute walk) including ABG – determines need for domiciliary oxygen at rest and during exercise.
- HAST – Hypoxic Altitude Simulation Test: Assess patient's oxygen requirements at a simulated altitude for air travel.
- Shunt Fraction: Measurement of the anatomic shunt.
- Cardiopulmonary exercise test: Assess the nature and severity of cardiovascular and pulmonary disease.

CONTRAINDICATIONS

- Abdominal, thoracic, neuro or ocular surgery in past 6/52
- Pneumothorax in past 6 weeks.
- Haemoptysis of unknown origin.
- Open pulmonary TB
- Unstable cardiovascular status.
- Thoracic, abdominal or cerebral aneurysm.
- Angiogram or Transbronchial biopsy in past 24 hours.
- Intercostal catheters in situ.
- Recent myocardial infarction or pulmonary embolus.

Please **STOP**: Ventolin, Airomir, Asmol, Bricanyl at least 4 hours prior to test, unless you really feel you need it, Atrovent, Serevent, Seretide, Oxis, Symbicort, Flutiform, Bretaris, Brimica at least 12 hours prior. Spiriva, Onbrez, Seebri, Spiolto, Ultibro, Anoro, Incruse, Breo, Singulair at least 24 hours prior. You may continue: Flixotide, Qvar, Alvesco, Pulmicort. No smoking for at least 6 hours prior to test.

Bronchial Challenge: **STOP all of the above**, including Ventolin, Airomir, Asmol, Bricanyl at least 8 hours prior to test, Spiriva, Onbrez, Bretaris, Seebri, Spiolto, Ultibro, Anoro, Brimica, Incruse at least 72 hours (3 days), no anti-histamines for 3 days. Also **STOP** Flixotide, Qvar, Alvesco, Seretide, Flutiform, Breo, Symbicort, Pulmicort for 6 weeks. Atrovent for 12 hours, Serevent, Oxis, Theophylline for 24 hours Singulair for 4 days. **DO NOT** have coffee, tea, coke, chocolate (anything with caffeine) and Vitamin C supplements from midnight prior to the test. No vigorous exercise on the day of the test.

Skin Prick Tests: **STOP** Hay fever and allergy medications, including Telfast, Fexotabs, Claratyne, Clarinase, Zadine, Zyrtec, Polaramine, for 3 days before the test. Don't Use creams, moisturiser etc on your arms on the day of the test.

FeNO breath test: For at least one hour prior to the test – Don't eat or drink (including NO water), don't perform strenuous exercise and don't smoke. DON'T eat any processed meats on the day eg bacon, salami, sausages, ham etc.