

Paediatric respiratory physiology, St Mary's Hospital

Lung function tests for children and adolescents

Information for patients, relatives and carers

What is a lung function test?

A lung function test is an **investigation to find out (diagnose) or monitor breathing problems**. It involves blowing into a medical device to measure various things about your child's lungs, such as lung size. Lung function tests are not invasive; they do **not** involve any needles, and they do **not** hurt.

Before your appointment

Please **bring all of your child's inhalers with you** to the appointment.

Please also **temporarily stop taking any prescribed inhalers** for the length of time specified below. However, if your child feels breathless and needs to take their inhalers, do let them but please tell the physiologist during your appointment.

Stop using for **4 to 6 hours before your appointment**:

- Salbutamol (Ventolin / Salamol / Airomir / Asmasal / Salbulin)

Stop using for **12 hours before your appointment**:

- Symbicort
- Seretide
- Atrovent
- Spiriva (Tiotropium) / Eklira / Genuair / Seebri / Breezhaler
- Revlar
- Fostair
- Flutiform

Stop using for **24 hours before your appointment**:

- Anoro / Ellipta
- Ultibro / Breezhaler
- Duaklir / Genuair
- Spiolto / Respimat

Please make sure your child follows these instructions before the test:

- Continue to take all other medication as normal
- Do not smoke in the 24hrs before the test
- Do not drink alcohol on the day of the test
- Avoid eating a large meal two hours before your test
- Wear non-restrictive comfortable clothing
- Avoid strenuous exercise two hours before the test

When you arrive at the hospital

When you arrive, please check in with the staff at the front desk of the paediatric outpatients department.

We will then take you and your child to a private room for your appointment. The tests will take between 10 and 30 minutes, during which your child will blow into the medical device. We might need to give your child a common asthma inhaler containing Salbutamol on the day of the test.

What happens after the appointment?

After the test your child can go back to their normal activities. Your child should **continue taking their inhalers as prescribed after the test.**

The final report will be sent to the doctor who referred your child.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Paediatric respiratory physiology
Published: March 2025
Review date: March 2028
Reference no: 3021
© Imperial College Healthcare NHS Trust