

## PATIENT INFORMATION SHEET

### Standard full lung function test involved:

- **Spirometry:** Measures how easily air can move in and out of the lungs. You will take a big breath in and blow out through a tube as quickly and for as long as you can. Sometimes we may give you a puffer to see if it helps your breathing.
- **Lung Volumes:** Measures how much air you can hold in your lungs.
- **Diffusion Capacity:** Determines how easily the oxygen moves from your lungs to your blood.

\* For routine check-up, Please withhold your puffer \*Short-acting inhalers 6 hours prior and \*Long-acting inhalers 12 hours prior to lung function tests.

### Exhaled Nitric Oxide – Help with the diagnosis and treatment of Asthma.

- It measures the level of nitric oxide gas in an exhaled sample of your breath.

### Bronchial Challenge - Used to assist in the diagnosis and management of asthma.

- **Mannitol:** You will inhale several doses of a sugary powder that will progressively become more concentrated. After each dose we will measure Spirometry to see if your airways react.

\*Preparation: Please Do **NOT** use any unless your doctor indicates

- **Short-acting inhalers 6 hours prior to this test.**  
Salbutamol (Ventolin/Asmol); ipratropium (Atrovent)
- **Long-acting inhalers 72 hours prior to this test**  
fluticasone/salmeterol (Seretide); budesonide/formoterol (Symbicort); fluticasone/ formoterol (Flutiform); tiotropium (Spiriva)
- **Antihistamines 72 hours prior to this test**  
loratadine (Claratyne); cetirizine (Zyrtec); fexofenadine (Telfast) – 72 hours prior to your test

### Skin Prick Test (SPT) - Helps diagnose allergies.

- You will be pricked on the arm to introduce a tiny amount of allergen. If you are allergic, you will get a small, itchy bump that in most cases will last for up to a day.

\*Preparation: Please Do **NOT** use any

- **Antihistamines 7 days prior to this test**  
loratadine (Claratyne); cetirizine (Zyrtec); fexofenadine (Telfast) – 7 days prior to your test
- **Astemizole (Hismanal) must be withheld for a period of 6 weeks.**

### Respiratory Muscle Pressures (MIP/MEP) – investigate muscle weakness

- This test measures the maximum force/pressure generated when you forcefully breathe in and out.

### 6 Minute Walk Test (6MWT)

- Measures the distance you can walk in 6 minutes. We will also be monitoring your oxygen and heart rate. Wear appropriate clothing and comfortable walking/running shoes.