

## What to expect

Lung function testing is non-invasive but requires maximum and some forceful efforts to provide accurate results. This may result in feeling a bit puffed but lasts only a short time.

During the test you will be instructed to breathe through a mouthpiece connected to specialised equipment.

Tests may be performed several times to ensure accurate and reliable results.



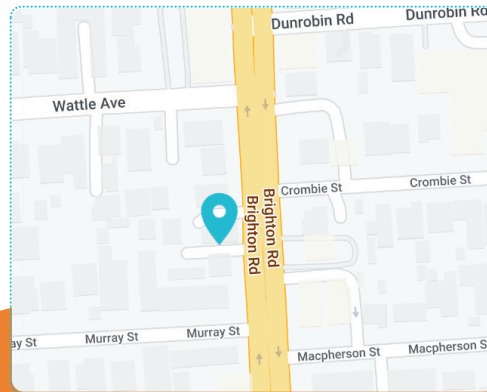
A standard test will take approximately 30 minutes.

Testing is performed to international ATS/ERS guidelines by a specially trained and experienced respiratory scientist who will demonstrate and guide you through each test to achieve the best possible results.



South Australian  
Medical Specialists

For any Lung Function Test queries, please contact South Australian Medical Specialists directly.



## Contact Us

Monday - Friday 9:00am - 5:00pm



**Head Office**

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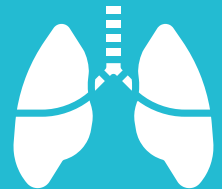
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South Australian  
Medical Specialists



# LUNG FUNCTION TESTING



## PATIENT INFORMATION

[www.samedicalspecialists.com.au](http://www.samedicalspecialists.com.au)

## What is a Lung Function Test?

Lung disease is a common problem in the Australian population. Asthma, chronic obstructive pulmonary disease (COPD), lung cancer, and interstitial lung disease (to name a few) may require specialised respiratory care.

Lung function tests help to assess the function of the lungs to understand symptoms or diagnose disease.

The severity of disease can also be assessed and monitored without the need for invasive examinations of the lungs. This helps your doctor plan treatments and decide if treatments should be continued, changed, or are no longer required.

In short, Lung Function Tests are like a check-up for your lungs, helping doctors ensure your breathing remains as optimal as possible.

## How to Prepare

It is recommended you withhold from smoking on the day of your test. At a minimum, **AT LEAST 4 HOURS** prior to testing.

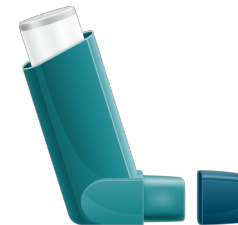


Check the following list and note respiratory medications **NOT** to be taken before your test, **UNLESS** instructed otherwise by your doctor.

BUT...

If you become **SHORT OF BREATH** or **WHEEZY** before your test, take your medication and let us know at your appointment.

Single drug inhaled corticosteroids do not need to be withheld, such as Flixotide, Pulmicort, Alvesco, QVAR, or Arnuity.



### Withhold 6 hours prior

Bricanyl  
Salbutamol inhalers  
(Ventolin, Asmol, Zempreon, Airomir)

### Withhold 12 hours prior

Atrovent

### Withhold 24 hours prior

DuoResp Spiromax  
Flutiform  
Fostair  
Oxis Breezhaler  
Seretide  
Serevent  
Symbicort (or Rilast)

### Withhold 36 hours prior

Breo Ellipta  
Ateectura Breezhaler  
Onbrez Breezhaler

### Withhold 48 hours prior

Anoro Ellipta  
Braltus Zonda  
Bretaris Genuair  
Breztri Aerosphere  
Brimica Genuair  
Enerzair Breezhaler  
Incruse Ellipta  
Seebri Breezhaler  
Spiriva  
Spiolto RespiMat  
Trelegy Ellipta  
Trimbow  
Ultibro Breezhaler