



Tasmanian Lung Service

www.tasmanianlungservice.com

reception@tasmanianlungservice.com

Hobart, Launceston and On-Site Testing

Your Lung Function Test appointment

Lung Function Testing has been arranged for you as part of your ongoing medical care. This information sheet is a summary of what is involved. For more details, visit tasmanianlungservice.com

Before you come in:

- Write out a list of all the medications that you are currently taking or check that the list from your doctor is up-to-date.
- Avoid taking breathing medications for 24 hours prior to your test (or longer for some medications) unless your doctor has advised you otherwise or you are too breathless to manage without them.
- Avoid tobacco smoking on the day of the test if possible. If you are unable to manage, let the testing scientist know at the time of testing.
- Avoid strenuous exercise and high quantities of food/drinks that contain caffeine before you come in.
- Let us know as early as possible if you have had a major recent illness or surgery as it may be appropriate to postpone your test.

When you arrive:

- Bring your medication list and request form.
- Aim to arrive at Reception 10 minutes before your appointment time.
- Most tests take around 30 minutes to complete (you will be advised at the time of making the appointment if it will be longer)
- As this is a laboratory test, accompanying persons should use the waiting area unless you need specific assistance, and then 1 person maximum, please.
- Lung function testing will involve you breathing into our equipment in a variety of ways. (see our web-site for video clips of specific tests)
- For some people, the testing can be tiring, particularly if you easily become breathless. You will be given plenty of opportunity to “catch your breath” during the testing. Most people can manage to complete the tests without too much trouble.

After you've finished:

- If you've found the process tiring, don't rush off but relax in the waiting area until you are feeling okay.
- Please see the receptionist before you leave.
- A copy of the test results will be sent to a Lung Specialist to be interpreted. A report will be produced which we'll send out to the doctor who requested your test. If you want to enquire about the test report, this person should be your first contact.

If you have specific questions that have not been covered in this information sheet or on our website, please feel free to call our service on 03 6331 0580