

Inhalation medications

Unless otherwise specified, you should not use the following inhalation medications prior to your appointment:

Airomir, Bricanyl, Buventol, Ventoline	The last <u>four</u> hours before your lung function test.
Atrovent, Ipraxa	The last <u>six</u> hours before your lung function test.
Aerobec, Airflusal, Asmanex, Beclomet, Duaklir, DuoResp, Eklira, Flutide, Flutiform, Flutikason, Giona, Inuxair, Oxis, Pulmicort, Salmeterol-Flutikason, Salmex, Seretide, Serevent, Serkep, Symbicort, Trimbow	The last <u>12</u> hours before your lung function test.
Alvesco, Anoro, Bufomix, Incruse, Relvar, Spiriva, Onbrez, Seebri, Spiolto, Striverdi, Trelegy, Ultibro	The last <u>24</u> hours before your lung function test.

If not taking your inhalation medications may impair your ability to make it to the hospital for your appointment, please disregard the above and continue taking your medications as normal.

Lung function test



Lung function tests and what preparations you should make

Lung function measurement

Measuring lung function is an important part of pulmonary assessment and is used as part of assessment of most lung diseases.

There are several measurement methods. On the next page there are short descriptions of these. The reason for your referral determines which method is selected for your examination.

Preparations

- **You should not use any inhalation medications before the examination unless specified by your doctor. Please see the last page of this leaflet for more information.**
- You should not smoke within an hour before the test as this can lead to faulty measurements.
- Please notify us before your appointment if:
 - You have had surgery in the last three months.
 - You have recently had a heart attack (myocardial infarction).
 - You have unstable, high blood pressure.

Contact the medical outpatient clinic (medisinsk poliklinikk):

Telephone number: 23 22 57 20 (open 08:00-14:00).

Spirometry:

Requires you to blow as hard as you can into an apparatus which measures the speed and volume of the exhaled air.

Bodybox:

Requires you to sit inside a glass box, breathing through a mouthpiece while changes in airflow and pressure in the box and in your airways are measured.

Reversibility test / provocation test:

Requires you to take some medication which either alleviates (reversibility test) or provokes (provocation test) symptoms, as a supplement to spirometry/bodybox.

Diffusion capacity (DLCO):

Requires you to breathe into an apparatus, then hold your breath for ten seconds, upon which the level of oxygen uptake in your lungs can be measured.

Ergospirometry (CPET)/EIA-test:

Requires you to exert yourself on a treadmill or exercise bike while hooked up to equipment that measures a number of different parameters.

Oxymetry:

A probe is attached to your finger which measures your blood oxygen level.

Arterial blood gas:

A blood sample is taken from your artery. This will be tested for the exact level of oxygen and carbon dioxide in your blood.

6 minute walking test:

Requires you to walk a specified length of corridor for six minutes, while your pulse frequency and blood oxygen level is being measured, as well as your walking distance.