

Patient information

Lying and Seated Spirometry

Cardiorespiratory Department

Your Consultant / Doctor has advised you to have a lying and seated spirometry test.

What is a lying and seated spirometry test?

This is a simple breathing test, which measures how much air you can blow out from your lungs. This will be done while in a seated position and also supine(lying flat).

What are the benefits of having a lying and seated spirometry test?

This test will give us information about how your lungs and any symptoms of breathlessness you may be having.

What are the risks of having a lying and seated spirometry test?

This is a very safe test. However, If you have had a heart attack, a stroke, an aneurysm or surgery in the past, or any reason why you may not be able to lay flat, then please tell the staff before your test.

Having one of the noted conditions recently may mean that you are unable to perform the test at this time.

Are there any alternative treatments available?

To obtain the information required from this test there are no alternative treatments available.

What will happen if I decide not to have treatment?

Your level of service will not be affected if you decide not to have the test. However, your doctor/consultant will not be able to obtain the necessary information that would have been gathered from performing the test.

If you are worried about any of these risks, please speak to your Consultant or a member of their team.

Getting ready for your test:

- do not eat more than a light snack within two hours of the test
- do not eat large green leafy vegetables within two hours of the test.
- do not smoke for 24 hours before your test.
- do not drink alcohol for at least 24 hours before the test.
- avoid vigorous exercise for at least 30 minutes before the test.
- do not stop taking any of your medications unless your doctor has told you to do so.
- please bring all medications/information regarding your medications with you.

Going Home

The staff will monitor you until you have recovered. You will then be allowed to leave the unit.

Returning to work

You can return to work straight after your assessment unless the health care professional tells you otherwise on the day of your test.

Further Appointments

There will be no further appointments for this test. However, your results will be discussed at your next clinic appointment.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information:

Cardiorespiratory Department

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