

Respiratory Function Test

Testing Information for Patients

If you are currently experiencing flu-like symptoms (fever, sore throat, cough, fatigue, shortness of breath, runny nose, loss of smell/taste) please call us BEFORE attending your appointment on 5433 8474.

A Respiratory Function Test (RFT) is a series of breathing tests where you will be required to perform different breathing patterns through a mouthpiece. These patterns may require you to breathe fast, take big breaths in, empty your lungs out and hold your breath. An RFT is a simple, non-invasive way to examine how well your lungs are functioning. A Respiratory Scientist will explain and guide you through the tests requested. Most tests will take from 30-45 minutes to be completed; however, this may vary depending on the type of test your doctor has asked for.

Why am I having this test?

There are many different reasons to have a lung function test. Some of these reasons include:

- To diagnose the cause of a cough/shortness of breath
- To evaluate the severity of a disease
- To track disease progression

What do I bring to my test?

- Medicare Card/Veterans Affairs Card
- A list of all current medications
- If you use any inhalers, please bring them with you
- Any walking aids (walking stick, 4-wheel walker etc)

Patient Preparation

- It is important to wear loose fitting, comfortable clothing for this test.
- You can eat and drink as normal.
- Patients under 16 years old will need to be accompanied by an adult/guardian.
- Patients are asked to refrain from the following before the test:

Withholding Time	Activity
1 Hour	No SMOKING/VAPING No VIGOROUS EXERCISE
8 Hours	No ALCOHOL

Withholding Inhalers

- *First time patients to the department:* Please withhold all inhalers before your appointment according to the table below, **unless it is absolutely necessary to take them**. All other medications can be taken as normal.
- *Return patients:* Inhalers can be used as per your normal routine, unless advised otherwise.

Withholding Time	Inhaler Name
6 Hours	Ventolin, Airomir, Asmol, Zempreon, Bricanyl
12 Hours	Atrovent, Flixotide, Fluticasone Cipla, Pulmicort, QVAR, Alvesco, Arnuity
24 Hours	Seretide, Pavtide, Flutiform, Symbicort, Oxis, Serevent, DuoResp Spiromax, Fluticasone + Salmeterol Cipla, Fostair, Atecurta, Singulair/Montelukast Tablets
36 - 48 Hours	Breo, Onbrez, Spiriva, Incruse, Anoro, Brimica, Seebri, Trelegy, Bretaris, Spiolto, Ultibro, Trimbrow, Braltus, Enerzair, Breztri

Please phone the Outpatients Department on 5433 8474 if you cannot attend this appointment.

