

# Your appointment for respiratory muscle function testing

Respiratory Physiology Unit

Information for Patients

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## What is muscle function testing?

Your doctor has asked that you have muscle function testing. You will do a number of slow and fast blows on a machine. The results will help your doctor find out how strong the muscles are that control your breathing (respiratory muscles).

## Why do I need it?

Muscle function testing helps your doctor to understand why you may be having symptoms such as shortness of breath. The information from these tests can help to see if:

- there is weakness in the muscles of the chest and the diaphragm (the muscle below the lungs that separates the chest from the tummy (abdomen)).
- you have reduced lung function when lying flat.
- your lungs are smaller than we would expect them to be.

## What will happen at my appointment?

You will be seen by a specialist in lung function testing:

1. You will have your height and weight measured.
2. We will ask you to sit down and ask you a few questions to make sure it is safe to do the test.
3. You will be asked to do a few slow and fast blows into a machine.
4. You may be asked to do a few slow blows whilst lying down to see if this affects your performance.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

5. After the end of the test you can leave the department and continue your day as normal.
6. The report will be sent to your doctor.
7. The doctor will talk to you about the results at an outpatients clinic, by phone or by letter.

## How long will the appointment take?

You will be in the department for up to 45 minutes.

## Can I bring someone to the appointment with me?

- You can come to the appointment on your own.
- You may like to bring either a partner, relative or friend with you however we ask they remain in our waiting area whilst you are having your test.
- If you need your partner or relative to be with you during the test due to caring needs, please let the person doing your test know.

## Contact details

If you have any questions or concerns before your appointment or need an interpreter, please contact the department on 01162583420. You can also use this number to rebook or cancel your appointment.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
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