

## SLEEP STUDIES

***Test Duration: admissions will be at lunch time on day of testing and patient will be discharged on the following morning before 10am.***

A Sleep Study is a diagnostic recording of physical activities that occur during your sleep time. The patient will spend the night in hospital. Electrodes (no needles) are used in the test to record the activities, this assists the sleep scientist in gathering the information necessary to determine the amount and quality of sleep that you get, and to measure and time any physical change or awakenings that might occur during the study.

Test preparation: normal daily routine to be maintained on day of testing. Caffeine should be withheld on day of testing.

***Referral by Respiratory Consultant only***



# Respiratory Tests Booklet



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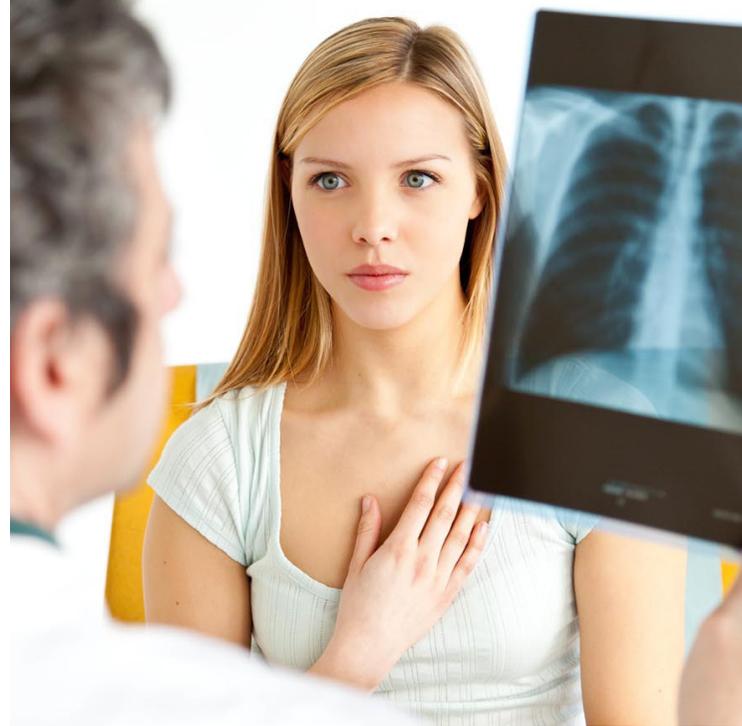
## **PULMONARY FUNCTION TESTS**

**Test Duration: 35 Minutes**

PFTs may be used to confirm the diagnosis and track the progression of respiratory disease, as well as enabling clinicians to assess an individual's response to a given therapy. They are also frequently requested by Anaesthetists as part of pre-operative assessment of individuals undergoing surgery. PFTs may also be used in healthy individuals who undergo routine health-check and for those undergoing pre-employment screening. During your initial visit to the Respiratory Lab, a qualified scientist will ask you to perform a series of Pulmonary Function Tests (PFTs). Spirometry, Bronchodilator Response Testing, Gas Diffusion and Lung Volumes are the quickest and most common basic tests. You may be asked to perform one or all of these tests during your visit.

**Test Preparation:** Please withhold inhalers for 24 hours prior to testing and avoid smoking on morning of test

**Referrals are by GP or Consultant only**



## **MANNITOL CHALLENGE TEST**

**Test Duration: 75minutes**

Mannitol challenge testing is used to confirm the diagnosis of asthma when there is diagnostic uncertainty. Mannitol challenge testing involves inhaling progressively higher doses of a fine sugar (mannitol) with repeated monitoring of your lung function until you develop transient changes in lung function or transient symptoms of mild asthma.

**Test Preparation:** You will be required to withhold your medication for a specified duration prior to testing, you will be advised of the length of time when an appointment is made. If you have had a chest infection in the previous 2 weeks the test will need to be postponed.

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## **SKIN PRICK ALLERGY TEST**

**Test duration: 50minutes.**

An allergy is an abnormal immune response to commonly occurring substances (that are not harmful in themselves). These include foods, inhalants (pollen, dusts, and animal dander), insect bites and drugs. Skin tests have been proven to be of benefit in the diagnosis of allergy and the allergy blood test (RAST). Skin allergy tests also have the advantage of providing results almost immediately. Antihistamines should be withheld for a minimum 72 hours prior to testing.

The scientist applies the allergens to the skin on your forearm or back, and then a gentle scratch is applied by lancet over each allergen

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