

Lung function tests measure how well your lungs work. They help to diagnose and monitor conditions such as asthma, COPD, interstitial lung disease and other breathing problems, and guide the best treatment for you.

THE MAIN LUNG FUNCTION TESTS

1 Spirometry (Breathing test)



- Measures how much air you can blow out and how quickly.
- Key results:** FEV₁, FVC, FEV₁/FVC ratio and flow-volume curve.
- Helps diagnose and monitor:** asthma, COPD and other airway conditions.

2 Lung volumes (Body plethysmography)



- Measures the total amount of air in your lungs, including air that cannot be blown out.
- Key results:** Total lung capacity (TLC), residual volume (RV).
- Helps diagnose:** restrictive lung disease (e.g. pulmonary fibrosis) and air trapping (e.g. severe asthma, COPD).

3 Diffusing capacity (DLCO)



- Measures how well oxygen passes from your lungs into your blood.
- Key result:** DLCO (diffusing capacity).
- Helps diagnose:** interstitial lung disease, emphysema and pulmonary vascular conditions.

HOW THE TESTS WORK



1 You will be given clear instructions and a demonstration.



2 You breathe into a mouthpiece with a nose clip.



3 The test measures how air moves in and out of your lungs.



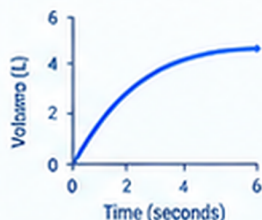
4 Your results are reviewed with you and explained.

SAFE AND SIMPLE

- ✓ Non-invasive and painless
- ✓ Usually takes 30-60 minutes
- ✓ Performed by trained respiratory scientists
- ✓ Suitable for most people
- ✓ Your comfort and safety are our priority

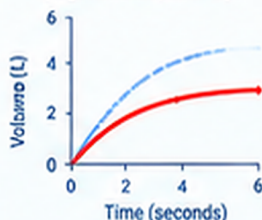
UNDERSTANDING YOUR RESULTS

Normal lung function



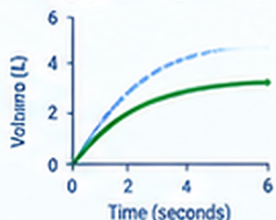
- Normal FEV₁, FVC and ratio
- Normal lung volumes
- Normal gas transfer (DLCO)

Obstructive pattern (e.g. asthma, COPD)



- Reduced FEV₁
- Normal or near normal FVC
- Reduced FEV₁/FVC ratio
- May show air trapping (increased RV)

Restrictive pattern (e.g. pulmonary fibrosis)



- Reduced FEV₁ and FVC
- Normal or high FEV₁/FVC ratio
- Reduced total lung capacity (TLC)
- Reduced DLCO (often)

WHAT LUNG FUNCTION TESTING CAN HELP WITH

-  Diagnose breathing problems
-  Assess severity and progression
-  Monitor response to treatment
-  Guide treatment decisions
-  Differentiate between conditions with similar symptoms
-  Provide a baseline for future comparison

