North Cheshire and Mersey
NHS Foundation Trust

Children and Young People's Respiratory Diagnostic Hub Clinic

Respiratory

Information for patients and carers

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Caring for you

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What is spirometry?

- Spirometry is a simple test to see how well your lungs work.
- You'll take in a big breath to fill your lungs, then blow out as hard and long as you can into a tube called a mouthpiece.
- This helps the doctor understand how well your lungs are working.

What is fractional exhaled nitric oxide (FeNO)?

FeNO is a test helps check for swelling in your airways.

You will need to take a deep breath in through a tube that looks like a straw. Then, gently blow out, just like when you're trying to cool down a hot cup of tea.

Doing a mix of tests like this helps the doctor understand things better and find the best way to help you feel better.

What will happen during the test?

- The nurse will take your height and weight and ask you to sit upright in a chair.
- You'll be asked to sit down and take a big, deep breath.
- You'll then blow out as hard and fast as you can into the mouthpiece, just like you're blowing out birthday candles.

During the test, you'll need to wear a small, comfy nose clip. It just goes on your nose for a little while, and you'll only wear it during the test.



You might need to do this a few times and the nurse might ask you to use your inhaler or give you a nebuliser (medicine through a mask) before trying again.

Spirometry is a safe and easy test, and it doesn't hurt, but you might feel a little dizzy or light-headed for a few seconds.

Once you're all done, the nurse will talk to you about your results and then send them to your doctor or nurse.

Before your test

- If you use a brown inhaler (Clenil Modulite), you can take it on the day of your test. However, please do not take any other inhalers on the day of your test (including Seretide, Salbutamol or Symbicort).
- Please bring your inhalers with you to your appointment. This is so we can make sure you're using them the right way.
- Please wear loose, comfy clothes that won't make it hard to breathe.
- We can't do the tests if you've had a chest infection in the past 6 weeks.
- Please don’t smoke or vape or drink any caffeine or fizzy drinks for at least an hour before your test.
- Also, try not to do any heavy exercise for at least an hour before your appointment.

Where will the appointment take place and how long will it be?



Your appointment will be in the Halton Health Hub, in Runcorn Shopping City. It may take up to 40 minutes.

Further information

If you have any questions, please contact your GP surgery for more information.

You can also find more information about spirometry on the NHS website: https://www.nhs.uk/tests-and-treatments/spirometry/