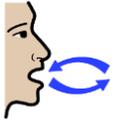




NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

Having breathing tests (Easy Read)



When you breathe, air goes into your nose and mouth, down the tube to your lungs. You have two lungs inside your chest.



Air contains a gas that the body needs to work, called oxygen (said: ock-see-jen). Your body takes the oxygen from the air and moves it into your blood cells.



Blood carries oxygen and goodness to every part of your body. Your body needs oxygen to work.



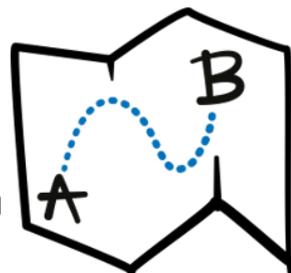
We would like to see how well your lungs are working. This is called a lung function test. When you get to the unit, we will ask you lots of questions about your breathing.

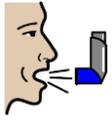


Next we will measure how tall you are and what you weigh. After this, you will start the lung function test. You may have one test during the visit or lots of different ones.



One test is a blowing test. We will ask you to blow as fast and hard as you can for as long as you can into a plastic tube. You could think about blowing out candles or popping balloons.

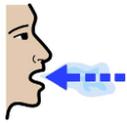




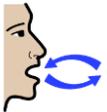
Another test looks at whether an inhaler helps you breathe better. You will do the blowing test, then use an inhaler. Then you do the blowing test again.



Another test looks at whether your lungs are sore. You will breathe in through a straw then blow out gently and slowly.



Another test checks if oxygen is going from your lungs to your blood. You will take a deep breath through a mouthpiece then let it out until your lungs are empty.



The last test looks at how much air your lungs can hold. You will need to sit in a plastic cabin that looks a bit like a phone box.



The doctors will look at the results and explain them to you.



Please ask us if you have any questions.

