

# Hyperventilation provocation test

Respiratory

## Introduction

This leaflet will provide you with information on having a hyperventilation provocation test. We hope this will answer all of your questions, however, if you have any further queries please talk to your healthcare professional.

## What is a hyperventilation provocation test?

A hyperventilation provocation test is designed to assess your breathing pattern.

## Why do I need to have this test?

Your doctor has asked that you have this simple procedure to check that your breathing pattern is correct and that your body maintains the correct gases in your blood.

## What are the benefits of having the test?

This test will help your doctor identify if you are over-breathing when the body does not need it. It may be chronic (happens all the time) or recurrent (comes in attacks then goes away). It is associated with symptoms felt in the body which may be very frightening and unpleasant but are not harmful.

It is very common, especially in females, those aged 15-55 and asthmatics and can happen after strong emotion such as anger, fear or excitement or panic attacks. When you hyperventilate, it causes a lowering of the amount of carbon dioxide that is normally carried in your blood and it is this that leads to the symptoms.

## Is there anything I need to do before the test?

- Do not eat a heavy meal before the test (a light meal is acceptable)
- Do not wear any tight clothing that may restrict your breathing
- Do not smoke for at least 1 hour
- Do not drink alcohol for at least 4 hours
- Please avoid vigorous exercise for 2 hours prior to testing.

**Please continue to take all prescribed medication as normal.**

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

**Please contact the department if you have experienced any of the following:**

- Current or a recent chest infection (within the last 2 weeks)
- Recent eye, stomach or chest surgery
- Heart attack within the last month
- Attended an Accident and Emergency department in the last 2 to 3 days
- Chest pain on the day of your test.

## What happens during the test?

When you attend the lung function unit the physiologist will explain the test to you and answer any queries that you may have regarding it. You will fill out some questionnaires about symptoms that you may be suffering from. You will wear a mask which covers your nose and mouth, and measurements of your breathing will be made whilst you sit and relax. You will then be asked to breathe hard and fast for 60 seconds, whilst measurements are taken of gases in the air you breathe out. Please allow up to an hour for this appointment.

## Important information

- If you normally use inhalers, please bring your inhalers with you.
- If you normally use GTN spray, please bring your spray with you.

## Frequently asked questions

### Will I experience any discomfort or side effects?

Breathing hard and fast during the test may make you feel a little light headed or dizzy, this will soon pass when you are asked to return to normal breathing. There is no lasting discomfort or known side effects associated with this test.

### When will I be told the results of my test?

Please note that you will not be given the results on the day of your test. You are usually told your results at your next clinic appointment, or a letter may be sent to your GP or the doctor who referred you for the test.

### What will happen if I do not want to have this test?

If you do not have this test we will not be able to pass important diagnostic information to the doctors. This may affect the medical treatment that you receive.

### If you require further information about this test please contact:

The Respiratory Centre (B1)  
New Cross Hospital  
Wolverhampton Road  
Wolverhampton  
WV10 0QP  
01902 695061

Monday - Friday, 9:00 - 5:00.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。