

Breathlessness Clinic: Information for patients attending an appointment at Cannock Chase Community Diagnostic Centre

Respiratory Medicine / Respiratory Physiology

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.

Why have I been referred to the breathlessness diagnostic clinic?

You have been referred to the breathlessness diagnostic clinic by your GP due to ongoing unexplained breathlessness that has lasted for more than eight weeks.

Why is the appointment at Cannock Chase Hospital?

The breathlessness diagnostic clinic is a service which is offered at the Community Diagnostic Centre (CDC) at Cannock Chase Hospital. This clinic does not operate at New Cross Hospital.

How should I prepare for the appointment?

Please follow these instructions to ensure the test results are accurate:

- Do not smoke for 24 hours prior to the tests
- Avoid alcohol for at least four hours beforehand
- Avoid a large meal within two hours of the tests
- Avoid vigorous exercise for 30 minutes beforehand
- Wear loose, comfortable clothing

Can I continue to take my inhalers?

We may want to check your breathing response to certain types of inhaled medication by measuring your breathing before and after taking inhalers. This is why we ask you to stop taking inhalers before coming for the test.

If you find it difficult to manage without your inhalers, please use them and inform us on your arrival.

Try not to take any of your inhalers prior to your appointment. The table below outlines the time to withhold common inhalers prior to your appointment. You can take all other medications and oxygen as normal.

Time to withhold	Medication
Eight hours	Salbutamol (Ventolin®), Terbutaline (Bricanyl®)
12 hours	Ipratropium Bromide (Atrovent®) Seretide®, Serevent®, Formoterol (Oxis® Symbicort®), Fostair®
24 hours	Tiotropium Bromide (Spiriva®), aclidinium (Eklira Genuair®), Vilanterol (Anora Elipta®), Glycopyrronium (Seebri inhaler®)

What will happen during the appointment?

You will be seen by a Clinical Scientist who will ask you about your symptoms and medical history. You will then perform some breathing tests and may be asked to provide a small blood sample from your earlobe.

How long does the appointment take?

The appointment usually takes around 90 minutes.

Why have I been told that I need to have a Chest X-Ray, blood tests or an ECG on the day?

There are many reasons why people can be experiencing breathlessness. To reduce the need for multiple hospital visits, a range of basic tests are performed on the day. These may include blood tests, and ECG or a chest X-ray.

We will send you the required forms for these tests with your appointment letter, please ensure you bring these with you to the appointment.

You can usually have these additional tests either before your appointment or afterwards. However, please ensure you attend for your clinic appointment at the designated time.

If you do not know where to go for the additional tests, staff will be happy to show you.

What happens after the appointment?

All of the information which is gathered during your appointment will be discussed at the weekly specialist meeting with a Respiratory Consultant.

Following the meeting, if we are able to confirm the reason for your breathlessness with the investigations that have been completed at that stage, we will write to you and your GP to suggest how this could be managed. Or, depending on the diagnosis, you may benefit from a referral to a hospital-based specialist service.

If we are not able to identify the cause for your breathlessness, we may refer you for more tests. You will be notified if you require any further appointments.

When will I get my results?

We will write to you and your GP after the weekly specialist meeting to let you know the outcome from the meeting.

Please allow up to four weeks to receive your results. If you have not heard from us after this time, feel free to contact the department.

What if I have further questions?

We hope that this booklet has answered questions that you may have about your breathing tests. Please do not hesitate to contact us if there is anything further you would like to know. You can speak to one of the physiologists on 01902 695061.

Alternatively, you may wish to make notes of any questions you would like to ask the physiologist at the time of the test. Please use this space for any notes you may wish to make:

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。