

BRONCHODILATOR TESTING

A breathing test to measure your response to a bronchodilator

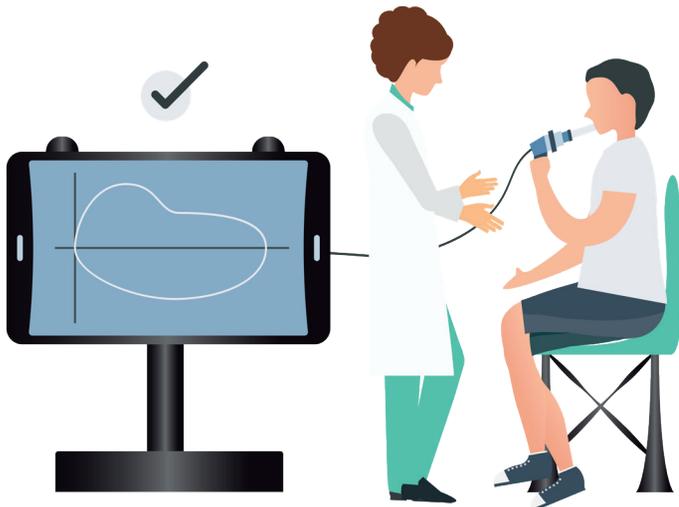
WHAT IS BRONCHODILATOR TESTING?

This is a test that includes performing a breathing test (Spirometry) after taking a bronchodilator called Salbutamol (2.5mg). This is medication that aims to relax and open up your airways. This is performed to enable us to check how your airways respond to the bronchodilator medication and determine if there's any evidence of Asthma or Chronic Obstructive Pulmonary Disease (COPD).

HOW IS THIS PERFORMED?

This medication is administered using a nebuliser which delivers the medication to you in a mist-like form via a mouthpiece, over several minutes.

You wait for 15 minutes after the nebuliser and then perform a spirometry test.



For more information please visit: (QR)

or contact the department on 02921 825421



HOW SHOULD I PREPARE?

For these tests to be carried out successfully, it is important that you :

Do not use any bronchodilators for :

- ▶ **Short acting inhalers** e.g. Ventolin – 6 hours prior
- ▶ **Long acting inhalers** e.g. Steroid based such as Fostair, Symbicort, Relvar – 48 hours prior
- ▶ **Long acting antimuscarinic** e.g. Spirivia, Incruse – 7 days prior

WHAT ARE THE PRE-TEST REQUIREMENTS FOR THE TEST?

- Avoid smoking on the day of the test
- Not to consume alcohol for at least 4 hours prior to the test
- Avoid vigorous exercise for at least 30 min prior to the test
- Avoid wearing clothing which substantially restricts full chest and abdominal expansion
- Refrain from eating a substantial meal for at least 2 hours prior to the test.

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

- ▶ Surgery, stroke/TIA, collapsed lung, blood clot in your lung within the last 6 weeks
- ▶ Heart attack or unstable angina pain in the last 2 weeks
- ▶ Coughing up of blood in the last 48 hours
- ▶ Current chest infection, active TB or large aneurysm at present

You should not take salbutamol if:

- ▶ You have previously had a negative reaction to salbutamol / are allergic to it
- ▶ You are pregnant and have not discussed this with your doctor
- ▶ You have the following conditions but they are **uncontrolled and untreated** :- Cardiac arrhythmia (Such as atrial fibrillation) - Diabetes- High blood pressure- Overactive thyroid- Glaucoma (damage to the optic nerve in the eye)



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Lung Function
& Sleep Apnoea
Department

PRAWF BRONCOLEDYDD

Prawf anadlu i fesur eich ymateb i froncoledydd.

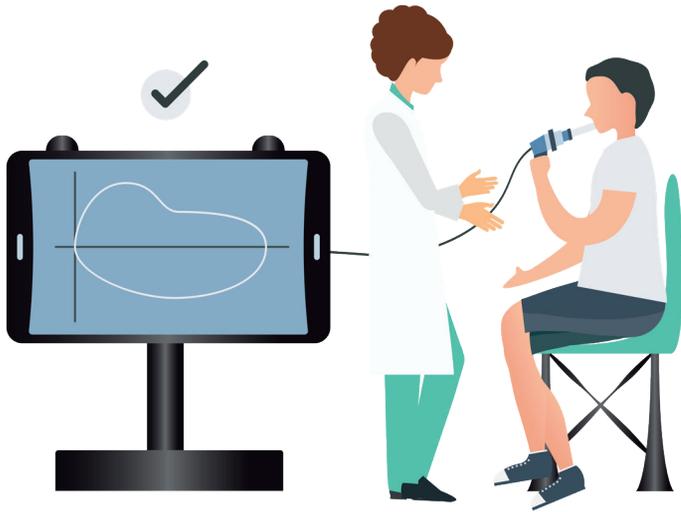
WBETH YW PRAWF BRONCOLEDYDD?

Mae hwn yn brawf sy'n cynnwys cynnal prawf anadlu (Spirometreg) ar ôl cymryd broncoledydd o'r enw Salbutamol (2.5mg). Meddyginiaeth yw hon sy'n anelu at ymlacio ac agor eich llwybrau anadlu. Gwneir hyn er mwyn galluogi'ch gwneir hyn i'n galluogi i wirio sut mae eich llwybrau anadlu yn ymateb i'r feddyginiaeth broncoledydd a phenderfynu a oes unrhyw dystiolaeth o Asthma neu Glefyd Rhwystrol Cronig yr Ysgyfaint (COPD).

SUT MAE HYN YN CAEL EI WNEUD?

Rhoddir y feddyginiaeth hon gan ddefnyddio nebiwlydd sy'n cyflwyno'r feddyginiaeth i chi ar ffurf tebyg i niwl trwy ddarn ceg, dros sawl munud.

Rydych chi'n aros am 15 munud ar ôl y nebiwlydd ac yna'n gwneud prawf spirometreg.



I gael rhagor o wybodaeth, ewch i:

Cysylltwch â'r adran ar 02921 825 421.



SUT DYLWN I BARATOI?

Er mwyn i'r profion hyn gael eu cynnal yn llwyddiannus, mae'n bwysig eich bod yn dilyn y cyfarwyddiadau isod:

Peidiwch â defnyddio unrhyw froncoledwyr ar gyfer:

- ▶ **Anadlyddion gweithredu byr** e.e. Ventolin – 6 awr ymlaen llaw
- ▶ **Anadlyddion gweithredu hir** e.e. Steroid megis Fostair, Symbicort, Relvar – 48 awr ymlaen llaw
- ▶ **Antimuscarinic gweithredu hir** e.e. Spirivia, Incruse – 7 diwrnod ymlaen llaw

BETH YW'R GOFYNION CYN Y PRAWF??

- Dylech osgoi ysmygu ar ddiwrnod y prawf
- Peidiwch ag yfed alcohol am o leiaf 4 awr cyn y prawf
- Dylech osgoi gwneud ymarfer corff egniol am o leiaf 30 munud cyn y prawf
- Dylech osgoi gwisgo dillad sy'n cyfyngu'n sylweddol ar ehangiad llawn y frest a'r abdomen
- Peidiwch â bwyta pryd o fwyd sylweddol am o leiaf 2 awr cyn y prawf.

Cysylltwch â'r adran os ydych wedi cael unrhyw un o'r canlynol:

- ▶ Llawdriniaeth, strôc/TIA, ysgyfaint wedi cwmpo, clot gwaed yn eich ysgyfaint o fewn y 6 wythnos diwethaf
- ▶ Trawiad ar y galon neu boen angina ansefydlog yn ystod y pythefnos diwethaf
- ▶ Pesychu gwaed yn ystod y 48 awr ddiwethaf
- ▶ Haint presennol ar y frest, TB actif neu anwrysm mawr ar hyn o bryd

Ni ddylech gymryd salbutamol os:

- ▶ Cawsoch adwaith negyddol i salbutamol o'r blaen/ mae gennych alergedd iddo
- ▶ Rydych yn feichiog ac nid ydych wedi trafod hyn gyda'ch meddyg
- ▶ Mae gennych y cyflyrau anlynol ond maent heb eu rheoli a'u trin:- Arrhythmia cardiaidd (Fel ffibriliad atriaidd) - Diabetes- Pwysedd gwaed uchel- Thyroid gorweithredol- Glawcoma (difrod i'r nerf optig yn y llygad)



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ac Adran Apnoea Cwsg