

MUSCLE FUNCTION TESTS

Your test explained...

1. SITTING AND LYING SPIROMETRY

WHAT IS IT?

You will be required to perform a forced breathing test (Spirometry) first whilst sitting upright in a chair and then whilst laying flat on your back on a hospital bed.

Please see attached spirometry leaflet for more specific information

WHY?

By comparing the difference in function between your sitting and lying results this will help to assess the strength of the diaphragm.



2. COUGH PEAK FLOW:

WHAT IS IT?

You will need to cough with as much force as possible into a facemask which is attached to Spirometer. The test is repeated in order to achieve around 3 similar, maximal effort attempts.

WHY?

To this is used to assess your expiratory muscle function, often requested for extra information alongside other tests.



3. SNIP:

WHAT IS IT?

A nasal probe is put into a nostril, and this is attached to a handheld pressure device. A maximal sniff is completed with the probe in place. This will be repeated 3 times on each nostril until some similar, maximal efforts are achieved.

WHY?

This test is used to assess your inspiratory muscle function, often requested for extra information alongside other tests.



For more information
please visit: (QR)



or contact the
department on
02921 825421



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Lung Function
& Sleep Apnoea
Department

PROFION GWEITHREDIAD Y CYHYRAU

Esboniad o'ch prawf...

1. SBIROMETREG AR EICH EISTEDD AC YN GORWEDD BETH YDYW?

Bydd gofyn i chi wneud prawf anadlu wedi'i orfodi (Sbirometreg) yn gyntaf tra'n eistedd yn unionsyth mewn cadair ac yna tra'n gorwedd yn fflat ar eich cefn ar wely ysbyty.

Gweler y daflen sbirometreg atodedig am wybodaeth fwy penodol

PAM?

Drwy gymharu'r gwahaniaeth mewn gweithrediad rhwng eich canlyniadau eistedd a gorwedd bydd hyn yn helpu i asesu cryfder y diaffram.



2. LLIF ANADL PESWCH: BETH YDYW?

Bydd angen i chi beswch â chymaint o rym â phosibl i mewn i fasg wyneb sydd wedi'i gysylltu â Sbiromedr. Mae'r prawf yn cael ei ailadrodd er mwyn cyflawni 3 ymgais debyg, gorau posibl.

PAM?

Defnyddir hwn i asesu gweithrediad eich cyhyrau wrth anadlu allan, y gofynnir amdano'n aml fel gwybodaeth ychwanegol ochr yn ochr â phroffion eraill.



3. SNIP: BETH YDYW?

Rhoddir stiliwr trwyn yn eich ffroen, a chaiff hwn ei gysylltu â dyfais pwysedd llaw. Gofynnir i chi wneud y sniff mwyaf posib gyda'r stiliwr yn ei le. Bydd hyn yn cael ei ailadrodd tua 3 gwaith ar bob ffroen nes cyflawni ymdrechion tebyg, gorau posibl.

PAM?

Defnyddir y prawf hwn i asesu gweithrediad eich cyhyrau wrth anadlu i mewn, y gofynnir amdano'n aml fel gwybodaeth ychwanegol ochr yn ochr â phroffion eraill.



I gael rhagor o wybodaeth, ewch i:



Cysylltwch â'r adran ar 02921 825 421.



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Swyddogaeth yr Ysgyfaint
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