



*Better
Together*

Patient information

Respiratory Muscle Strength Test

Medical Directorate - Cardio Respiratory
Department

Your Consultant / Doctor has advised you to have respiratory muscle strength test

What is respiratory muscle strength test?

This test measures the strength of the muscles that contract (shorten) when you breathe.

What are the benefits of having respiratory muscle strength test?

To find out if your lung function is reduced due to a problem with your muscles.

What are the risks of having a respiratory muscle strength test?

This is a very safe test. However, if you have had a heart attack, a stroke or an operation in the past, please tell the staff before your test.

There is little chance of a problem from having blood sample taken from an artery. You may get a small bruise at the site. You can lower the chance of bruising by keeping pressure on the site for at least ten minutes after the needle is removed. You may feel lightheaded, faint, dizzy, or nauseated while the blood is being drawn from your artery

Are there any alternative investigations available?

There is no alternative way of obtaining the information required from this test.

What will happen if I decide not to have the investigation?

Your level of service will not be affected if you decide not to have the test. However, your doctor/consultant will not be able to obtain the necessary information that would have been gathered from performing the test. Getting ready for your respiratory muscle strength test

Before the test

- Do not stop taking any medications unless you have been told to do so.
- Do not drink alcohol on the day of the test.
- Do not eat a large meal within two hours before the test.
- Do not do any energetic exercise for at least 30 minutes before the test.

The day of your respiratory muscle strength test

What happens?

A small sample of blood will be taken from your wrist in order to measure the amount of carbon dioxide in your blood. You will be then asked to breathe deeply in and out through a mouthpiece. Several different breathing techniques will be performed whilst being attached to a machine that will consequently measure your respiratory muscle strength.

Is it painful?

There may be some mild pain in the area where the blood sample is taken. Most people feel a brief, sharp pain as the needle to collect the blood sample enters the artery. You may feel more pain if you are tense. Otherwise this is a relatively pain free investigation.

How long will the investigation last?

The test will take approximately two hours

Going Home

The staff will monitor you until you have recovered. You will then be allowed to leave the department.

Returning to work

You can return to work straight after your assessment unless the doctor/ consultant tell you otherwise on the day of your test.

Further appointments

You will get the results of the test at your next clinic appointment.

Further Information

Cardio Respiratory Department

Tel: 0151 706 2710

Text phone number: 18001 0151 706 2710

Simon Noble

Senior Chief Clinical Physiologist

Tel: 0151 706 2710

Text phone number: 18001 0151 706 2710

Author: Cardio Respiratory Department

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