

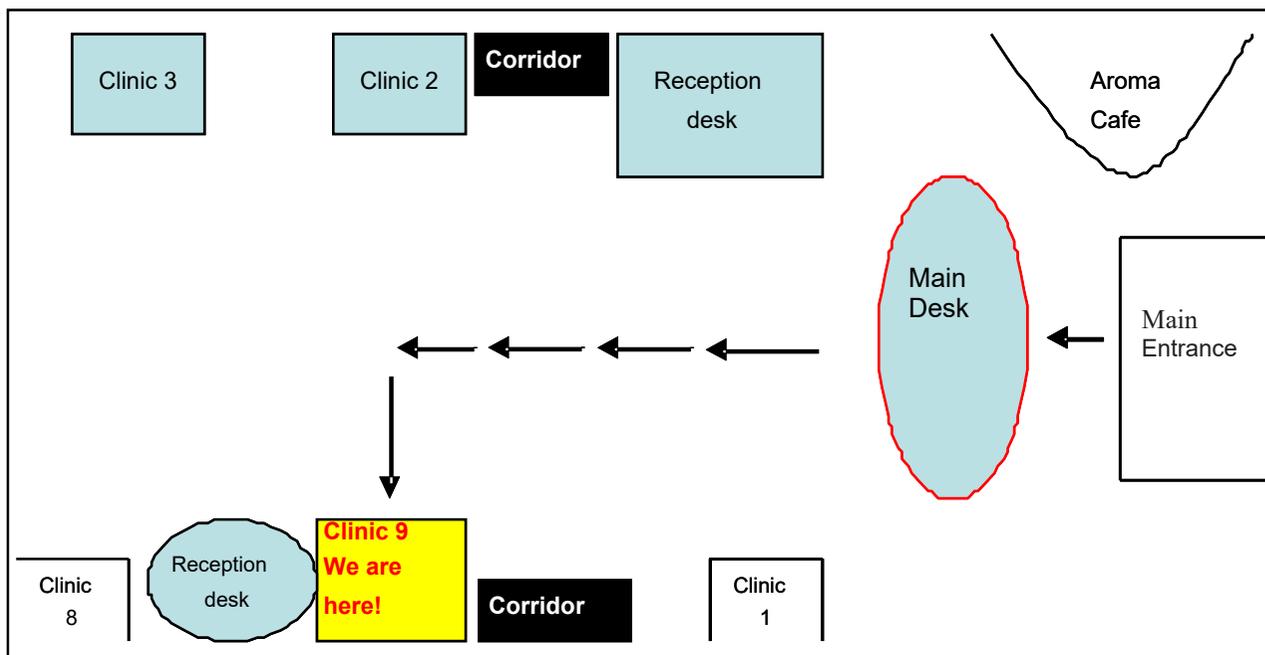
Laryngoscope Bicycle Exercise Test

RESPIRATORY FUNCTION LABORATORY

The Paediatric Respiratory Function Laboratory is located behind Clinic Area 9 in the Out-patient Department of The Royal Hospital for Children within the Queen Elizabeth University Hospital campus. When you enter the main entrance of the Children's Hospital walk straight up the main atrium to the clinic area. We are on the left hand side. When you scan in at the self-service kiosk you still need to ring the bell to let us know you have arrived.

Respiratory Function Laboratory
Outpatient Clinic Area 9
Royal Hospital for Children
QEUH, Govan Road
Tel: 0141 452 4071

Please ring the doorbell to let us know when you have arrived.



RESPIRATORY FUNCTION LABORATORY

IT IS IMPORTANT THAT YOU TELEPHONE OUR OFFICE WHEN YOU GET THIS LETTER TO LET US KNOW THAT YOU ARE ABLE TO KEEP YOUR APPOINTMENT

**Department telephone number:
0141 452 4071**

Your child's doctor has requested that

1. Exercise test be carried out on your child whilst looking at their airway

The tests will be carried out in the Respiratory Function Laboratory. This leaflet is sent with a letter informing you of the date and time of your appointment.

WHY DOES THIS NEED TO BE DONE?

This test will let the doctor see if your upper airway (windpipe, voice box) is causing you any breathing problems whilst you exercise

HOW DOES THE TEST WORK?

First of all you will be given a nasal spray to numb your nostril and throat. A small camera, which is like a thin tube will be passed down the nostril to the back of the throat. This will let the Doctor see your airway. You will then be asked to cycle quite hard for between 5-10 minutes on the bike whilst the camera is held in place.

HOW TO PREPARE FOR THE TEST?

- Talk with your child about the information in this leaflet.
- Answer as many questions as you can. If you can't answer a question contact us using the details overleaf.

WHAT SHOULD YOU BRING ON THE DAY?

Please wear or bring comfortable clothes (e.g. gym kit) and trainers for your child (because they'll be cycling on the exercise machine). Bring something for your child to drink – carton of juice, bottle of water.

POSSIBLE SIDE EFFECTS

It will feel uncomfortable having the camera in place but you shouldn't feel any pain. It can sometimes make you feel a little sick as well for a short time. Your throat and nostril will feel numb for a short time after the test as well due to the nasal spray.

WHAT HAPPENS AFTER THE TEST?

Your child can go home after the tests. The ear nose and throat doctor will talk you through the initial results straight after the test. The results will also be sent to the doctor who arranged the test for you. You will get the results at your next clinic appointment with this doctor. The doctor will explain the test results to you and discuss any changes with you.

ARE THERE ANY REASONS WHY MY CHILD SHOULDN'T COME FOR THE TEST?

Yes. If your child has a cold or a chest infection this can affect the test results. You should rearrange the test. Ring the respiratory lab before the day of the test or as soon as you know your child is not well enough to attend. We can sometimes call another child in at the last moment.