

INFORMATION FOR PATIENTS

Breathlessness Pathway

Community Diagnostics Centre

We are introducing a **Three-Stop Breathlessness Pathway** at the Community Diagnostics Centre, designed to make the diagnostic process quicker and more convenient for patients.

This pathway allows patients with breathlessness to complete three key assessments in one visit—a **CT scan**, **breathing tests**, and a **consultant review**. Although the appointment may take up to three hours, having these scheduled back-to-back means everything can be completed in a single visit, helping to reduce the need for multiple hospital trips and enabling a faster diagnosis and treatment plan.

Your appointment time is for your **CT scan in the Birch Unit (Orange zone)**. You will then attend breathing tests in the **Chestnut Unit (Blue zone)**, followed by a **consultant review in the Oak Unit (Purple zone)**. All appointments take place one after the other during the **same visit** and may take up to **three hours** in total, although this can vary. Staff and signage will help guide you between each area.

STOP 1 - CT scan (no contrast)

CT (Computed Tomography) is a type of scan that produces detailed images of the body. It is commonly used to diagnose a range of conditions and to monitor how well treatments are working. Prior to the CT you may be asked to change into a gown and the scan will be explained. You will then be instructed to lie on a couch, and it will move through a doughnut-shaped scanner. You will need to remain very still while it scans but the scan is painless. Your results will not be given to you by the staff doing the scan but discussed at the end (STOP 3) by the consultant.

Please contact the CT team on 01623622515 if you weigh more than 30 stone (200kg), are pregnant, there is a chance of being pregnant or need any further information. You can eat and drink as normal as well as take your normal medications as usual.

STOP 2 – pulmonary function tests (breathing tests)

These are a collection of different types of breathing tests; how much you can breathe in and out, how much you can breathe out when doing it quickly and how efficiently your lungs are transferring oxygen. This will allow us to see how airways and lungs are working. Although the tests are painless, some discomfort may be felt due to breathing out to empty. We may also need to collect a small blood sample from your earlobe to assess your respiratory status. Please don't wear any tight clothing, smoke for at least an hour prior to appointment or consume caffeine or alcohol. Please remove any nail polish or false nails prior to the appointment as this will interfere with our oxygen measuring device. Your results will not be given to you by the staff doing the tests but discussed at the end (STOP 3) by the consultant.

Contact the respiratory department on 01623 672484 if you've had a recent chest infection, surgery, chest pain or need any further support. You can take your medications as usual.

STOP 3 – consultant review

The third and final stop will be a review by a consultant who will have both your CT scan and your breathing test results. They will go through the results, any other tests needed, diagnosis and treatment planning. They will be able to answer any questions you may have at that point.

Thank you for your co-operation. This will assist us in obtaining accurate information and enable us to provide you with the most appropriate treatment.

Self-help for breathlessness

There are several things you can do to help manage and improve your symptoms of breathlessness:

- Quit smoking: www.yourhealthnotts.co.uk or telephone 0115 7722 515
- Managing breathlessness: [Managing Breathlessness - A Patients Guide.](#)
- Asthma + Lung UK: [Breathlessness | Asthma + Lung UK](#)
- Assessing breathlessness: [Assessment of Breathlessness \(Shortness of Breath\)](#)
- Weight loss: [Weight Loss - Your Health Nottinghamshire](#)

What if I need hospital transport?

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556

Community Diagnostic Centre address

Mansfield Community Hospital, Stockwell Gate, Mansfield, Notts, NG18 5QJ

Telephone: 01623 622515

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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