

Patient Information

Respiratory Physiology

Respiratory muscle weakness tests

What are respiratory muscle weakness tests?

Muscles which control your breathing.

Preparing for the tests

On the day of your appointment:

- Check your letter to for any medication that you are required to withhold otherwise, please take your medication as normal.
- Wear comfortable and unrestrictive clothing.
- Refrain from smoking or consuming any alcohol.
- Refrain from eating a large meal.
- Refrain from undertaking any form of heavy exercise.

During the tests

You may be asked to complete some of the tests which include:

Sniff nasal inspiratory pressure (SNIP)

- A small bung will be placed into the opening of your nostril, and you will be asked to sniff in as hard as possible.
- You will be asked to do this in both nostrils which you may need to repeat several times.

Cough peak expiratory flow (CPEF)

- This is a measurement of how strong your cough is.
- You will be asked to cough into a standard peak flow meter which will be repeated several times.

Mouth inspiratory pressure (MIP)

- You will wear a nose peg and breath through a tube attached to a computer.
- You will be asked to blow out until your lungs are empty and then suck in as hard as you can against a slight blockage.
- You may be asked to do this several times.

Mouth expiratory pressure (MEP)

- You will wear a nose peg and breath through a tube attached to a computer.
- You will be asked to support your lips and cheeks with your hands.
- You will then need to take a big breath in and then blow out as hard as you can against a slight blockage.
- You may be asked to do this several times.

After the test

- The results are uploaded to your hospital account.
- The consultant will review and discuss the test results with you.

Contact details

If you have any questions or worries about the tests, please contact:

Royal Stoke Hospital 01782 675452

County Hospital 01785 88754