

Complex Lung Function Testing (CLFT)

The results of your health assessment have indicated that further testing is required to assist in monitoring your lung function health.



What is CLFT?

Respiratory conditions, including those caused by coal mine dust, can affect individuals differently and may also cause damage to different parts of the lung.

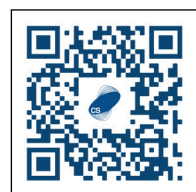
CLFT provides a more comprehensive evaluation of your lung function. This testing can determine if there is any damage to your lung by measuring the gas exchanges in your lungs.

How is CLFT performed?

Before the test, the nurse will check your haemoglobin level using a small blood sample taken from a finger prick.

CLFT is performed while you are seated and holding the mouthpiece as shown in the above photo.

A spirometry test is completed first, then a second test uses a medical-grade gas to measure your lung's ability to transfer oxygen into the bloodstream.



You will be asked to breathe out as much air as you can, then inhale a full breath of the gas and hold it for about 10 seconds before breathing out again.

Scan the QR code to watch CLFT being performed.

How to book your CLFT

Call CS Health on 1800 CSH MED (1800 274 633) to book an appointment.

Preparing for your CLFT

To ensure the best results, please:

- avoid smoking, vaping and alcohol on the day of your test (*this will impact your results*)
- avoid strenuous exercise before the test (*this will impact your results*)
- wear comfortable clothing to allow full lung expansion
- bring your identification, any medication and prescription glasses if required.

Costs

There is no cost to you for a CLFT when you are referred by CS Health.

CLFT results

CS Health Medical Officers will review and explain your test results, and discuss the next steps to ensure you receive appropriate care.

