

St. James's Hospital

Designated Cancer Centre Dublin Mid-Leinster

Rapid Access Lung Clinic

A Guide for Patients

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Why has my doctor sent me to the Rapid Access Lung Clinic? (Lung Clinic)

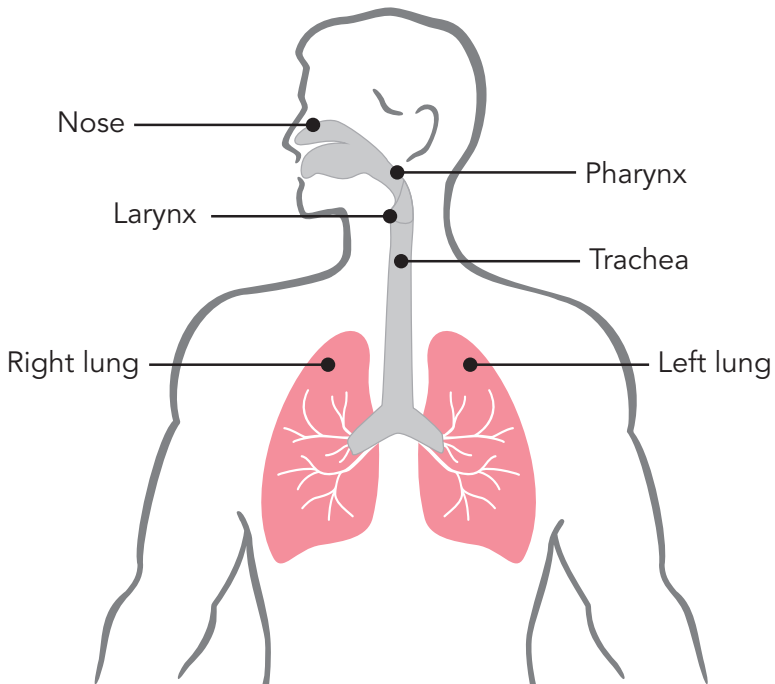
Your family doctor (GP) has sent you to the Lung Clinic because they are concerned about your symptoms or your chest x-ray. Your family doctor wants you to see a specialist lung doctor.

What happens at the Lung Clinic?

- The Lung Clinic has specialist staff and equipment so it can see patients and arrange tests quickly.
- You will usually get an appointment within 2 weeks.
- At the clinic, the doctor will ask you about your symptoms, examine you and decide what tests you may need.
- The lung nurse will help organise your tests and answer any questions you may have about the tests. You can talk with the nurse at the clinic or by phone.

What your lungs do?

1. You breathe in air through your nose and mouth.
2. This air travels to your lungs through your windpipe.
3. Your windpipe is made up of three parts:
 - the pharynx (back of your throat);
 - the larynx (your voicebox); and
 - the trachea.
4. Your lungs are located in your chest. You have two lungs, one on the left and one on the right.



How long will I be at the Lung Clinic?

If you need a lot of tests, your visit to the lung clinic might take a half day. It is important that you arrive on time for your appointment. Don't arrive too early though as you won't be seen before your appointment time.

Should I bring a relative or friend to the Lung Clinic?

Yes, you can bring a relative or friend to the Lung Clinic. But please do not bring children with you. If you must bring a child, please bring a friend or relative to mind the child while you are with the doctor.

What should I bring to the Lung Clinic?

Please bring any medication you are taking.

What happens when I arrive at the Lung Clinic?

The receptionist will ask for your name, address, phone number, date of birth, next of kin and the name of your family doctor (GP). You will then see a doctor from the lung team.

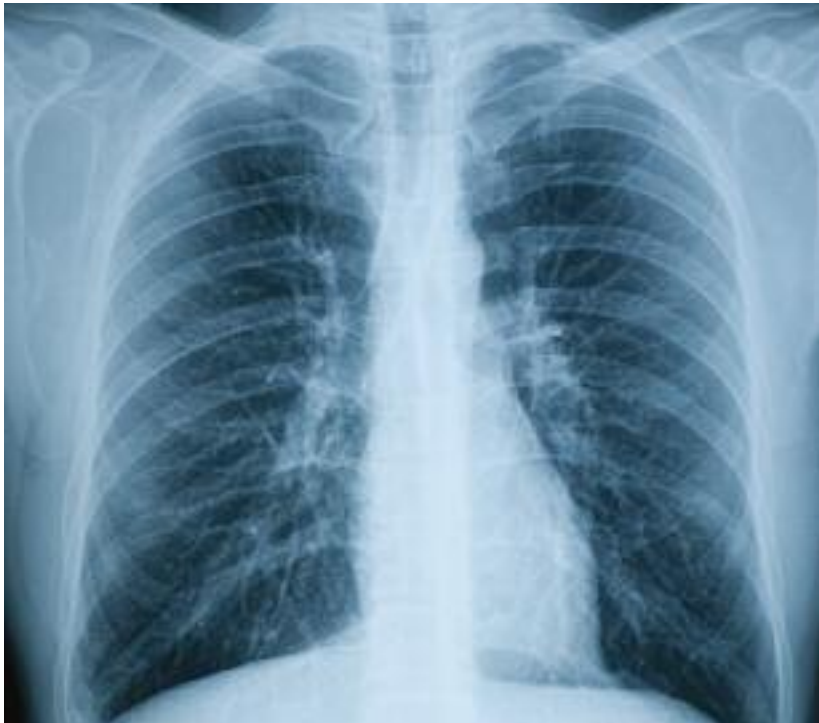
What tests might I have?

The lung doctor will ask you about your symptoms and will then examine you. After this examination, the doctor may decide you need some tests such as:

Here is a brief description of the tests you might have.

Chest x-ray

A chest x-ray takes a picture of your lungs. If your chest x-ray does not look normal, your doctor may arrange more tests.



Pulmonary function tests (PFTs)

These are breathing tests to check how well your lungs work. You blow into a mouthpiece on a machine. These tests are not painful. They take about 20 minutes.



CT scan

CT stands for computerised tomography. It is a test which gives a detailed picture of the inside of your body. You will be asked to lie on a table. The table will then pass through the CT scanner. The CT scanner takes x-rays which build up a picture of the inside of your body. Your local x-ray department will tell you more about having a CT scan.



Bronchoscopy

During this test, your doctor can look inside your lungs using a tube with a tiny camera and light attached. You will be given sedation for this test. The sedation will relax you and make you feel sleepy. A biopsy is often done at the same time. If you are having a bronchoscopy, the doctor or nurse will give you more information.

Endobronchial ultrasound (EBUS)

This is a type of bronchoscopy. If you are having an EBUS, the doctor or nurse will tell you more about it.

CT guided lung biopsy

A CT guided lung biopsy takes a tiny sample of your lung which is then sent to the lab for testing. This is done under local anaesthetic. If you are having a CT guided lung biopsy, the doctor or nurse will give you more information.

When will I get my test results?

Test results are usually available within one month after attending the lung clinic. We will contact you and ask you to come back to the clinic for your results. Please bring a relative or friend with you.

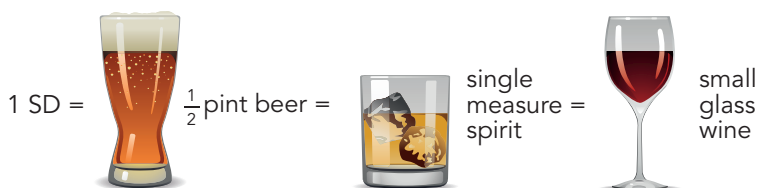
	Date	Time
• blood tests	_____	_____
• chest X-ray (if not already done)	_____	_____
• pulmonary function tests (PFTs)	_____	_____
• CT scan	_____	_____
• bronchoscopy	_____	_____
• EBUS	_____	_____
• CT guided lung biopsy	_____	_____

You may not need all these tests. Some of these tests may be done on the day of your visit. Other tests might be done on another day. **You can record the date and time of each test in the space above.**

What can I do to improve my health?

There are lots of things you can do.

- Stop smoking and avoid other peoples' smoke.
- Eat a healthy diet. This includes eating five portions of fruit or vegetables a day.
- Make sure you stay a healthy weight.
- Exercise for at least 30 minutes a day.
- Cover up in the sun and never use a sun-bed.
- Drink alcohol sensibly:
 - no more than 17 standard drinks (SD) for men a week;
 - no more than 11 standard drinks for women a week.



Have you thought about quitting smoking?

Smoking is a major risk factor for the following:

- cancer;
- heart disease;
- stroke or
- bronchitis and emphysema (also known as COPD – chronic obstructive pulmonary disease).

If you are a smoker, it is never too late to quit. The more often you try to quit, the more likely you are to stop. The trick is to keep trying!

There are many benefits to quitting smoking.

- You will be healthier.
- Your medical treatments will work better.
- You will be a good role model for your family and friends.
- You will have more money in your pocket.

There is a lot of support to help you stop smoking. If you would like advice or support on quitting, talk to your family doctor (GP). You can also call the Quit Team on Freephone 1800 201 203. They can put you in touch with the smoking cessation officer in your area. You might find the Quit Campaign website useful, please go to www.quit.ie.

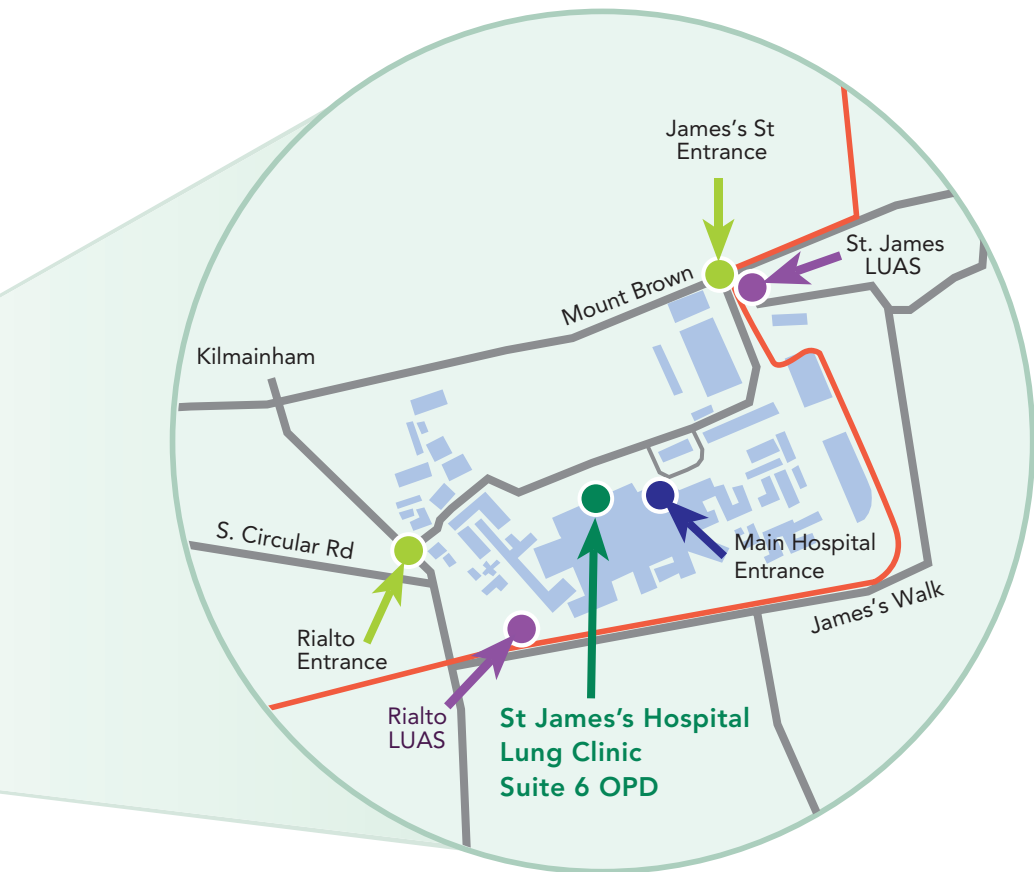
Where will I find the Lung Clinic?

The Lung Clinic is in Suite 6 in the outpatient department. Please go to the main hospital reception for directions.



GPS: N 53 20.475 W 6 17.571

You can find another map at:
www.stjames.ie/imap/map.html



How do I get to St. James's Hospital?

Bus

The 123 bus runs from the city centre through the hospital grounds and stops near the main hospital entrance.

The 78A, 51 and 51B buses run from the city centre and stop outside the hospital at the James's Street entrance.

Luas

The Luas Red Line stops in St James's Hospital. This line connects the hospital with Connolly and Heuston train stations and the park and ride at the Red Cow Luas stop. For more information, visit www.luas.ie

Train

Connolly and Heuston train stations are close to St James's. If you are travelling by train to Dublin, you can get the Luas outside Connolly and Heuston stations direct to the hospital. For more information, visit www.irishrail.ie.

Taxi

There is free phone to ring a taxi in the main hospital reception.

Car

Car parking is available on the hospital campus and is well sign-posted. There is a charge for car parking. Payment machines are located in the main hospital reception. Disabled parking places are available.

What if I have questions about my appointment?

You can phone the lung clinic secretarial staff Monday-Friday from 9.00am to 5.00pm. You can leave a voice message outside of these hours and staff will return your call when the office re-opens.

Phone: (01) 416 2196

Can I speak with a lung nurse?

If you have any questions after your clinic visit, please phone the lung nurse co-ordinator at (01) 410 3000 and ask for bleep 101.

St James's patient information booklet

You can find more information about St. James's Hospital in the hospital's patient information booklet. This is available on the hospital's website, www.stjames.ie, or you can ask for a copy at reception.

What if I don't speak English?

If you need an interpreter to translate for you, please ask your family doctor (GP) to let us know when sending your referral to the lung clinic.

Is there a shop in the hospital?

There is a shop in the main hospital reception. It is open Monday to Sunday from 7.00am to 10.00pm.

Is there a coffee shop in the hospital?

There are two coffee shops in the main hospital reception.

The sandwich bar is open Monday to Friday from 10.00am to 8:00pm and on Saturday and Sunday from noon to 5:00pm.

Key contacts

Main hospital:	(01) 410 3000
Lung Clinic:	(01) 416 2196
Lung nurse co-ordinator:	(01) 410 3000, ask for bleep 101
Smoking cessation officer:	(01) 410 3000, ask for bleep 120
Hospital website:	www.stjames.ie

Your Service, Your Say

We try to provide a positive and supportive experience for people using our service. We welcome your comments, suggestions and complaints about the service. You can give us your comments by:

- talking to a member of staff;
- filling out a Your Service, Your Say leaflet. You can find these in many places around the hospital;
- phoning the HSE Information Line on 1850 24 1850;
- emailing your comments to yoursay@hse.ie; or
- visiting www.hse.ie.



your service
your say

Do you have questions to ask your doctor?

It is a good idea to write your questions down so you don't forget anything when you see the doctor.

This booklet will be reviewed as new evidence emerges. While every effort has been made to ensure that it is accurate, we do not accept responsibility for errors or omissions.



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