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Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

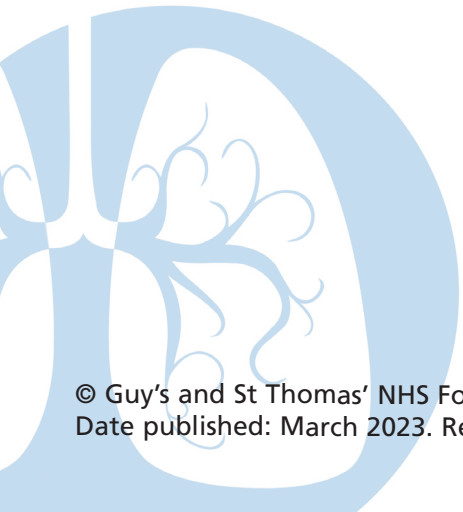
Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercemenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

Royal Brompton and  
Harefield hospitals



Royal Brompton Hospital

# Systematic assessment of refractory asthma (SARA)



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This leaflet explains what to expect when you come to Royal Brompton Hospital for the day to have systematic assessment of refractory asthma (SARA). It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.

## What is systematic assessment of refractory asthma (SARA)?

You may have asthma symptoms that are difficult to explain or control (refractory asthma).

The severe asthma team has asked you to come to hospital for a systematic assessment of refractory asthma (SARA).

SARA is a day of detailed assessment (tests) to try and understand exactly what is causing your asthma symptoms, and how best to treat them.

### Arriving at the hospital

Please arrive at **8.30am** at the reception area of the lung and heart day unit. The unit is on the fourth floor of the Fulham Road wing of Royal Brompton Hospital.

You will have your tests in either the Fulham or Sydney Street wings of the hospital. We will arrange transport between the two wings if needed.

### How long will I need to stay?

You will usually need to stay until about 4pm, to allow time to see relevant healthcare professionals and complete tests.

### What to bring

You need to bring:

- all your current medicine in original containers, especially your inhalers
- an up-to-date prescription list of the medicines you are taking

You can wear your usual everyday clothes for your tests.

Please note that you are responsible for the safekeeping of your possessions. The hospital cannot accept liability for the loss or damage of any items while you are in hospital.

## Facilities

The lung and heart day unit has a water fountain and toilets. Light refreshments including sandwiches, fruit, biscuits, tea, and coffee are provided during the day.

There is also a coffee shop on the ground floor and café in the Sydney Street building.

More information about the lung and heart day unit is available on our website. Go to Royal Brompton and Harefield hospitals website ([www.rbht.nhs.uk](http://www.rbht.nhs.uk)) and search for the '**lung and heart day unit**'.

## Before your tests

### Medicine

If you take antihistamines, please stop taking them **3 days** before your tests. Antihistamines can affect test results, or make the results difficult to understand.

Antihistamines include:

- loratidine (Clarityn)
- desloratidine (Neoclarityn)
- fexofenadine (Telfast)
- chlorpheniramine (Piriton)
- cetirizine (Zyrtec)

If you do take antihistamines in the three days before your tests, please let us know when you arrive for your appointment.

**It is important that you keep taking all your other medicine.**

## Your tests

You may have any of the following tests. If you have had tests at other hospitals, we only repeat them if necessary.

### Lung function tests

Lung function tests are breathing tests, which look at how well your lungs work. Lung function tests include measurement of spirometry, lung volumes and gas transfer.

Sometimes during tests we ask you to use a salbutamol inhaler, which we will give you.

Lung function tests usually take around 45 minutes.

### Skin prick tests (allergy testing)

Skin prick tests are a safe way of testing for allergies of common substances, such as grass pollen and house dust mites.

Skin prick tests are not painful, but can cause an itchy rash that lasts up to 30 minutes.

### Blood tests

Blood tests can provide information about your general health and the type of asthma you have.

### Bone density scan (DEXA scan)

A DEXA scan uses low dose X-rays to see how dense (or strong) your bones are. If you have had frequent or long-term courses of oral steroids (taken by mouth), you may be at risk of osteoporosis (weak bones).

## Our healthcare professionals

### Asthma specialist nurse

You will see an asthma specialist nurse, who will talk to you about your symptoms and treatment.

### Specialist physiotherapist

You will see a specialist physiotherapist. Our physiotherapists can help with a variety of problems, including breathlessness, issues with physical activity and exercise, and difficulty with clearance of sputum (mucus, phlegm).

### Upper airway speech and language therapist

You may see a speech and language therapist from our upper airway team during the day too.

## Your test results

Your doctor will explain your test results, and any changes to your treatment, before you go home. If you need more tests, your doctor will discuss this with you.

## More information and contact details

If you need to change or cancel your appointment, please contact the lung and heart day unit:

Phone: **0330 128 8308** (direct line)

Switchboard: **020 7352 8121**

For questions about your tests please contact the asthma specialist nurse team:

Phone: **020 7351 8919** (Monday to Friday, 8.30am to 4pm)

Email: [asthma@rbht.nhs.uk](mailto:asthma@rbht.nhs.uk)

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If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 020 7349 7715 or you can also email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.