



# Your free NHS lung health check

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**RM Partners**  
West London Cancer Alliance

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*Hosted by The Royal Marsden NHS Foundation Trust*



## What is a lung health check?

Lung health checks are quick and simple. They are a way of spotting lung-related problems such as cancer early, possibly before you've even noticed any symptoms. This can help make treatment simpler and more successful.

Lung health checks are available in your area for people aged between 55 and 74, who smoke or used to smoke.

There are two main stages to a Lung Health Check. The first is an initial assessment with a health advisor and the second, if necessary, is a simple scan of the lungs.

## What happens at the lung health check?

Our lung health check service is provided by InHealth, in partnership with local NHS hospital teams. One of our health advisors will call you for your lung health check, which will take around 15 minutes.

When we call you, this number **020 3835 1600** or **'NHS Lung Health Check'** will appear on your phone screen.

Please contact us if you have any queries about your appointment on:



**020 3835 1600** or email



**[westlondon.lunghealthcheck@nhs.net](mailto:westlondon.lunghealthcheck@nhs.net)**

Please let us know if you have any questions or need support for your telephone appointment, such as support with hearing or if you need an interpreter.

We can then put arrangements in place to make sure the appointment is suitable and comfortable for you.

During your lung health check you will be asked a few questions about your lung health and breathing, as well as a few questions about any medical history that might be relevant.

Our health advisor will talk you through the results and you may be invited to have a lung CT scan.

## **What happens if I need a CT scan?**

Your scan will be arranged at a time that is convenient to you. Please let us know if you need any special arrangements to help you attend the appointment.

You will be met by one of our specialist nurses who will review your health check, measure your height and weight, and talk you through the scan. They can answer any questions you have, and you are welcome to bring someone with you.

The scan involves you lying flat on your back while your chest is scanned. The scan takes about 5 minutes and is painless – you will be able to eat, drink or drive as normal after the scan. It's a good idea to wear loose, comfortable clothing for your appointment. Metal, such as necklaces, may need to be removed for the scan.

## Where will I go for my scan?

Scans will take place at a scanning centre near to you, at a local hospital or mobile scanning unit in a community location. For more information on our scanning locations please visit our website at [lunghealthchecks-westlondon.nhs.uk](https://lunghealthchecks-westlondon.nhs.uk).

## What happens after?

The results should be available within four weeks, and you will receive a letter or phone call from the lung health check team. We will also send a copy to your GP.

If you had a scan, for most people no further action is needed and you will be offered another scan in two years to check in on your lung health.

If the team feel further tests are needed, they will arrange a referral to your local hospital or they may suggest you make an appointment with your GP.

For more information please visit:



[lunghealthchecks-westlondon.nhs.uk](https://lunghealthchecks-westlondon.nhs.uk)

