

# UNITED HOSPITAL CENTER

## PATIENT EDUCATION

### PULMONARY FUNCTION TEST



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for a Pulmonary Function Test (PFT). This test measures how well your lungs work.

You will be asked to breathe as deeply as possible into a mouthpiece that is connected to a machine called a spirometer. The spirometer measures and records the rate and amount of air inhaled and exhaled.

The technician performing the exam will give you instructions prior to the test. If you do not understand these instructions tell the technician so that you may receive further explanation. In order to achieve optimal test results, the technician will use a coaching technique such as a loud demanding tone of voice.

If you wear dentures, you may keep them in so that a tight seal around the spirometer's mouthpiece can be accomplished. During the testing you will sit upright and wear a nose-clip. The nose-clip will insure that you breathe only through your mouth.

For each part of the test, you will be given different breathing instructions. Some tests may be repeated after you have inhaled a bronchodilator medicine.

During the test you may feel tired or short of breath, however, you will be able to take rest breaks between measurements. Tell the technician if you feel dizzy, begin wheezing, have chest pain, a racing or pounding heart, any upset stomach, or severe shortness of breath.

After the test is completed, you may resume normal activity when you regain your energy.

Before the test avoid smoking for at least four (4) hours. Eat and drink lightly. Wear loose fitting, comfortable clothing. If you take any breathing medications (inhalers or pills), please **STOP** taking them twelve (12) hours prior to your test.

**LENGTH:** Approximately 45 minutes to 2 hours (Dependant on the extent of testing needed)

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