

SUBURBAN PULMONARY MEDICINE, P.C.

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Pulmonary Function Test A Patient Guide

What is a Pulmonary Function Test?

A pulmonary function test, or PFT, is a diagnostic test that provides valuable information about how your lungs are working. It will show how your lungs take in and use the air your body needs for good health

Are there any risks?

There are no risks with a PFT. A trained respiratory therapist will give you your test. The therapist will remain with you during the entire study.

Why am I having it done?

The most common reasons for having a PFT are:

- To help diagnose breathing problems so your doctor can plan your treatment
- To evaluate prior to surgery
- To assess disease progression
- To assess the level of pulmonary disability
- To help assess your response to certain drugs

What do I need to do before the test?

For best results:

- Wear loose fitting, comfortable clothing on the day of the test.
- Avoid heavy meals for several hours before the test.
- Do not use any bronchodilators (nebulizers or inhalers) four hours prior to the test
- Avoid smoking six hours before the test.

What should I expect during the procedure?

The procedure is done in the respiratory therapy department. You will be asked to breathe in and out through various mouthpieces as you go through a series of different breathing tests. You may become short of breath during the testing. This feeling usually does not last very long.

How long does the test take?

This test takes from 15 min to one hour to complete, depending on what the doctor orders.

What do I need to do after the test?

You may need to rest after your PFT. Once rested, resume your normal daily activities. If you were given a bronchodilator during the test and you regularly use bronchodilators, you will be instructed when to take your next dose.

If you have any questions or do not understand any of these instructions, please ask the doctor or call our office, 610-521-1300.