

Care Gram

Pulmonary Function Test

Date of Test: _____ Test Time: _____

How the Test Works

A Pulmonary Function Test (PFT) is a painless way to measure how well your lungs are working. The results of the test may explain:

- Symptoms such as shortness of breath
- The type of lung problem
- How severe the lung problem is
- How smoking may have affected your lungs (if you have smoked)
- Whether you are at risk for breathing problems during general anesthesia

Allowing Time

The test usually takes 30 to 60 minutes.

Preparation

- Stop smoking 8 to 12 hours before the test.
- You may eat a light meal before the test.
- **Stop taking all respiratory medications (both inhaled and oral) 24 hours before the test.** If you feel you are unable to do this, please contact your doctor.

Registration

Please report to the **Cardiology Procedures/Pulmonary Function Testing Area** 15 minutes before your appointment time. It is located on the Licking Memorial Hospital (LMH) Second Floor, across from the visitor elevators.

During a PFT

During a PFT, you will inhale and exhale in different ways through a sterile mouthpiece. This mouthpiece will be attached to an instrument that measures three aspects of lung function:

- The force and amount of air leaving your lungs (spirometry)
- How well your lungs move oxygen into your blood (diffusion)
- The total amount of air in your lungs, not just the part you exhale (lung volume)

You may have all 3 parts done or just portions of the tests. Sometimes, an inhaler is given during the test. Then the spirometry part of the test is repeated 20 minutes later.

After the Test

- You may start taking all respiratory medications again.
- You may return to your normal diet after the test.
- You may drive yourself home and return to your normal activities the same day.



Licking Memorial
Health Systems

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Finding Out the Results

You will find out the results of your test from the doctor who ordered the test. Please allow 48 to 72 hours for your doctor to receive the complete test results.

Appointment Reminder

Thank you for allowing the Pulmonary Lab staff at LMH to serve you. Remember, you have an important role in making your test a success. If you have questions about the test, please call (220) 564-4190.