

# 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 the following:

- 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 breathing problems are a risk during general anesthesia

### Allowing Time

The test usually takes 30 to 60 minutes.

### Preparation

- Stop smoking 8 to 12 hours before the test.
- Do not eat or drink foods and liquids with caffeine for 2 hours before the test.
- You may eat a light meal before the test.
- **Discontinue 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 **Medication Therapy Clinic/Pulmonary Function Testing Area** 15 minutes before your appointment time. It is located on the second floor of Licking Memorial Hospital, across from the visitor elevators.

### During a PFT

There are 3 parts to the test:

- Spirometry: Measures the force and amount of air leaving your lungs
- Diffusion: Measures how well your lungs move oxygen into your blood
- Lung Volumes: Measures the total amount of air in your lungs, not just the part you exhale

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



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, Ohio 43055  
(220) 564-4000 • [www.LMHealth.org](http://www.LMHealth.org)

1616-0561  
12/03/2015  
Page 1 of 2

**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.

**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 Licking Memorial Hospital 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.