

wear during the procedure so that all of your breaths will go through your mouth, rather than your nose.

- You will be given a sterile mouthpiece that will be attached to the equipment
- With your mouth forming a tight seal around the mouthpiece, you will be instructed to perform various breathing manoeuvres. The manoeuvres will be done by inhaling and exhaling. Depending on what measurements are ordered, you may be asked to repeat the manoeuvres several times before the test is completed.
- You may be given a bronchodilator after certain tests have been performed. These tests will be repeated several minutes later after the bronchodilator has taken effect.
- You will be monitored carefully during the procedure for faintness, dizziness, difficulty breathing or any other problems.

### **After the Procedure**

Generally, there is no special type of care following PFTs. You may resume your usual diet, medications, and activities unless your physician advises you otherwise.

If you have a history of respiratory problems, you may be tired after the procedure. You will be given the opportunity to rest afterwards.

## **Pulmonary Function Tests**

## What are pulmonary function tests?

Pulmonary function tests (PFTs) are non-invasive diagnostic tests that provide measurable feedback about the function of the lungs. By assessing lung volumes, capacities, rates of flow, and gas exchange, PFTs provide information that, when evaluated by your physician, can help diagnosis of certain lung disorders.

The normal values for PFTs vary from person to person. The amount of air inhaled and exhaled in your test results are compared to the expected average in someone of the same age, height, sex, and race.

In addition, results are compared to your previous test results, if previous testing has been done. If you have abnormal PFT measurements or if your results are different from previous tests, you may be referred for other diagnostic tests to establish a medical diagnosis.

## Reasons for the Procedure

There are many different reasons why PFTs may be ordered. They are sometimes ordered in healthy individuals as part of a routine physical. In others the tests may be ordered when a specific illness is suspected.

Some of the disorders that may be detected with PFTs include, allergies, chronic lung conditions, asbestosis, chest trauma, restrictive airway disease, respiratory infections, sarcoidosis etc.

PFTs may be used to assess the lung function of patients prior to surgery or other invasive procedures in patients who have current lung and/or heart problems, who are smokers, or who have other conditions that might be affected by surgery or other procedures.

Another use of PFTs is the evaluation of treatment for conditions such as asthma, emphysema, and other chronic lung problems. There may be other reasons for your physician to recommend pulmonary function tests.

## Risks of the Procedure

Because pulmonary function testing is a non-invasive procedure, it is safe for most individuals. It is quick and the individual needs to be able to follow clear, simple directions.

## Before the Procedure

Your physician will explain the procedure to you and offer you the opportunity to ask any questions that you might have about the procedure.

Generally, no prior preparation, such as fasting, fluid restriction, or sedation is required. However, you may be asked to avoid eating a heavy meal before the test.

If you are pregnant or suspect that you may be pregnant, you should notify your physician.

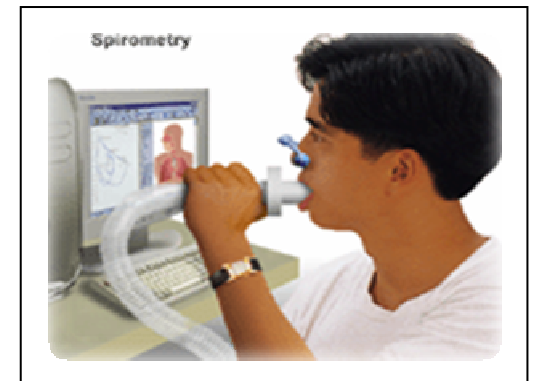
Notify your physician of all medications (prescription and over-the-counter) and

herbal supplements that you are taking.

If you are a smoker, you will usually be asked to refrain from smoking for a period of time before the test.

Your height and weight will be recorded so that your results can be accurately calculated.

Based upon your medical condition, your physician may request other specific preparation.



## During the Procedure

Generally, PFTs follow this process:

- You will be asked to loosen tight clothing, or other objects that may interfere with the procedure
- If you wear dentures, you may be asked to wear them during the procedure
- You will be asked to empty your bladder before the procedure to optimize comfort
- You will sit in a chair for the procedure
- You will be given a soft nose clip to