



Pulmonary Function Test

Prior to your visit with the doctor, you will be having a Pulmonary Function Test (PFT) with our respiratory therapist. A PFT is a breathing test to find out how well you move air in and out of your lungs, and how well oxygen enters your body. You will be asked to perform several breathing maneuvers; for example, take a deep breath in and exhale very rapidly and forcefully. The test is scheduled for 40 minutes, however, the whole time may not be required, depending on your ability to perform testing.

Lung function tests can be used to:

- Compare your lung function with known standards that show how well your lungs should be working.
- Measure the effect of chronic diseases like asthma, COPD, or pulmonary fibrosis on lung function.
- Help assess your risk for surgery and medical procedures.
- Show whether exposure to substances in your home or workplace has harmed your lungs.
- Decide if a medicine (such as a bronchodilator) could be helpful to use.
- Detect narrowing in the airways or identify changes in the lung function that might show a need for a change in treatment.
- Monitor trends of existing lung disease.
- Determine if a lung disorder is affecting your sleep.

To get the most accurate results from your breathing test:

No inhalers (unless an emergency), caffeine, or smoking for at least 4 hours prior to the testing.

If you are seeing one of our pulmonary physicians, they will go over the results of your PFT at your appointment. If you are following-up with your primary care physician, they will get the results of your testing after one of our pulmonary physicians interprets the test (usually no more than a day or two).

If you have additional questions, please call us at 630-871-6699.