GRAHAM HEALTH SYSTEM

Pulmonary Function Test (PFT) Patient Instructions

PFTs measure how well your lungs are working. Your provider may order this test to evaluate symptoms such as shortness of breath, cough, or other breathing concerns, diagnose or monitor lung disease, assess how well your current treatment is working, track changes in lung function over time, or evaluate your lung function before surgery.

To Prepare for Your Test:

Before your Test:

- Arrive at least 15 minutes before your scheduled appointment.
- Wear loose-fittings, comfortable clothing.
- Bring a current list of medications
- Continue using your supplemental oxygen as prescribed unless instructed otherwise.

Do NOT:

- Use tobacco products for at least **4 hours** before testing.
- Consume caffeine (coffee, tea, soda, energy drinks, or chocolate) for **4 hours** before testing.
- Perform strenuous exercise for **6 hours** before testing.
- Eat a large meal immediately before your appointment.

Medication Instructions:

Certain respiratory medications may affect your test results and may need to be held before testing. Unless otherwise directed by your provider:

- **Albuterol (ProAir®, Ventolin®, Proventil®), Levalbuterol (Xopenex®), Airsupra®:** Hold for **4-6 hours** before testing.
- **Ipratropium (Atrovent®):** Hold for **12 hours** before testing.
- **Long-acting inhalers** such as **Serevent® (Salmeterol), Foradil® (Formoterol), Spiriva® (Tiotropium), Stiolto®, Bevespi®, Anoro®, Trelegy®, Breo®, Symbicort®, Advair®, and Breztri ®:** Hold for **24 hours** before testing.

Do not stop any medications unless instructed to do so. If you are unsure whether your medication should be held, please contact the Respiratory Department or your ordering provider before your appointment.

<u>Prednisone</u>

If you have recently completed a short course of **Prednisone**, testing may need to be delayed for **14 days after your last dose**. If you take Prednisone on a long-term basis, this restriction may not apply. Please contact us if you have any questions.

Medication instructions may vary depending on the type of pulmonary function test ordered. If your provider has given different instructions, follow your provider's directions.

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During your Test

A Respiratory Therapist will guide you through a series of breathing exercises using a mouthpiece. You may be asked to perform several different breathing maneuvers to obtain accurate results.

Depending on your provider's order and your initial results, you may be given a breathing treatment during testing. If administered, portions of the test will be repeated afterward to evaluate how your lungs respond to the medication.

Please notify the Respiratory Therapist immediately if you experience:

- Chest pain
- Dizziness
- Nausea
- Palpitations
- Wheezing
- Severe shortness of breath

Results

Your provider will review the results of your Pulmonary Function Test and discuss them with you at a follow-up appointment.

Considerations

Please notify us if you have recently experienced:

- A heart attack within the past month
- A collapsed lung (pneumothorax)
- Chest, abdominal, or eye surgery
- A respiratory infection within the past two weeks
- New or worsening chest pain

Need to Reschedule?

Please contact Scheduling at **309-647-5240 ext. 2860** at least 24 hours before your appointment.

Questions regarding your test may be directed to the Respiratory Department at **309-647-5240 ext. 2655**.