

Measuring Pulmonary Function

Pulmonary function tests measure the air moving in and out of your lungs. The tests are used to evaluate whether you can breathe normally. Besides helping to diagnose lung disorders, the tests may be important in planning treatment, especially if surgery is being considered.

During the test, you will wear nose clips to prevent air from entering or leaving through your nostrils. You will breathe through a special machine called a spirometer that records the amount, force, and pattern of your breathing.

Although pulmonary function tests are usually easy and painless, people with severe lung disease may find the tests very tiring. It may be helpful to plan ahead for transportation home.

OUTPATIENT PFT INSTRUCTIONS

1. NO inhalers or aerosol treatments 4 (four) hours prior to appointment. (Hold SEREVENT, FORADIL, and ADVAIR 12 hours before.)
2. NO caffeine, chocolate or smoking 4 (four) hours prior to testing.
3. Patient should take regular medications that do not affect their breathing. Examples: blood pressure, diabetes, etc.
4. Please bring current list of medications with you to your appointment.
5. Light meals can be eaten prior to testing, (don't "stuff" yourself).
6. If you are unable to make your appointment please call the facility where it is scheduled.

Bryan East or West (402) 481-5121

St. Elizabeth (402) 219-7123

7. Allow approximately 45-90 minutes for testing.
8. Please allow 2 (two) weeks for your results. If you have an office appointment scheduled, your results will be discussed at the time of your appointment.