



## **Testing Center**

### **WHAT IS A PULMONARY FUNCTION TEST ?**

A Pulmonary Function Test is a basic and commonly performed pulmonary test that measures a patient's lung capacity to move air in and out of the lungs.

### **SIGNS AND SYMPTOMS:**

Pulmonary Function studies are normally appropriate if at least one of the following symptoms or physical examination findings are present:

- COPD
- Shortness of Breath
- Cough
- Asthma
- Wheezing

### **PATIENT INSTRUCTIONS:**

- Loosen any restrictive clothing
- Remove loose dentures, candy, gum etc.
- **FORCE** air out
  
- *Do not take any bronchodilators 6-8 hours prior to testing, unless instructed by your physician. (Corticosteroids are ok to use i.e. Aerobid and Advair)*
- *Do not just blow normal **FORCE** air out when performing exam*

### **WHAT TO EXPECT:**

The Pulmonary Function Test is performed using a spirometer device and can take up 30 minutes to complete. The patient may sit or stand when performing the test. The patient will breathe in deeply first, then exhale as firmly and quickly as possible through a mouthpiece (spirette) and continue exhaling until all the air has been exhaled (at least 6 seconds). Three acceptable tests will need to be conducted with this test. If the test is unacceptable, the technician will identify the reason and explain to the patient how to correct the technique. If a patient has a predicted range that is below normal range, the Testing Center will contact the ordering provider to obtain a verbal order to administer a bronchodilator, then retest the patient in 20 minutes for post testing or as suggested by the ordering physician.