

# PFT

## Pulmonary Function Test

### What are PFT'S?

PFT'S are a group of tests that measure how well your lungs work. This includes how well you're able to breathe and how effective your lungs can bring oxygen to the rest of your body. This information can help your healthcare provider diagnose and decide the treatment of certain lung disorders.



### Why do I need a PFT?

Your doctor will order these tests to determine how your lungs are working and to diagnose certain types of lung diseases. If you already have a condition that's affecting your lungs, your doctor may order this test to see if the condition is progressing or how it's responding to treatment.

### What are the risks?

Pulmonary function tests are not invasive, so they are generally considered safe. While unlikely to occur, possible risks include:

- ❖ Dizziness
- ❖ Shortness of breath
- ❖ Coughing
- ❖ An asthma attacks

### How can I prepare for a Pulmonary Function Test?

- ❖ Stop smoking for 4 hours before test
- ❖ Do not eat a heavy meal or have caffeine
- ❖ Wear loose fitting clothing

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**Let your doctor know if you have had a recent...**

- ❖ Eye surgery
- ❖ Chest surgery
- ❖ Abdominal surgery
- ❖ Heart attack
- ❖ Aneurysm
- ❖ Respiratory infection

**You will need to delay the test until you have fully recovered.**

### **What to Expect:**

These tests are performed by a pulmonary function technician, who will require you to use maximal effort to blow out and breathe in air. The tests are repeated several times to make sure the results are accurate.

