



Pulmonary Function Tests

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What are Pulmonary Function Tests?

Pulmonary function tests are a painless way to measure how well your lungs are working. A complete series has 3 tests. You may be given the entire series or only certain parts.

Why should I have Pulmonary Function Tests?

Pulmonary function tests are performed for many reasons. The results of the tests may explain why you are short of breath, what type of lung problem you have, how smoking may have affected your lungs and whether breathing problems are a risk during general anesthesia.

Preparation:

Please review with your doctor or your doctor's nurse.

- It is recommended you stop smoking 24 to 48 hours before the test.
- Don't have any caffeine 24 hours before the test. This includes coffee, regular **and** decaffeinated, tea, chocolate, **all** cola drinks and soft drinks containing caffeine and over-the-counter pain relievers containing caffeine (Anacin, Excedrin).
- Eat only a light meal and limit fluids before your test.
- You will need to stop taking antihistamine medications 48 hours before the test. Caffeine and bronchodilator medications must be stopped for 24 hours. Check with your doctor to see if you are taking any of these medications.
- If you use an inhaler for breathing problems bring it with you on the day of the test.
- Wear loose fitting clothing that doesn't restrict your breathing.
- Report any recent upper respiratory infections, colds, sinusitis, bronchitis or pneumonia.

- Please bring photo ID.

Procedure:

You will be seated in a chair for the testing. If ordered, a blood sample may be taken from an artery in your wrist. You will wear nose clips so you can only breathe through the mouthpiece that will be in your mouth. You should make a tight seal around the mouthpiece with your lips.

The Respiratory Therapist will then coach you through a series of breathing techniques, including taking a deep breath, holding it and then blowing out hard and fast. A lung specialist interprets the results and a copy is sent to your family physician.

Plan to allow 2 hours from arrival to the time you can leave.

Outpatient Registration:

Please park in the Mercy Parking ramp located at 8th Avenue and 8th Street SE. Enter the hospital at the South entrance on ground floor. Proceed to the Lung Center.

Your appointment date and time: