

Pulmonary Function Test

You Have an Appointment for a Pulmonary Function Test:

Date: _____

Time: _____

___ Belmond Facility

Please enter at the main entrance and register
at the admissions desk.

___ Clarion Facility

Please enter at the ER/Outpatient entrance
and register at the admissions desk.

**For questions or more information,
call 641-444-5671 for Belmond
or 515-532-9351 for Clarion.**

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Locations

Belmond

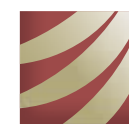
403 1st Street Southeast
Belmond, Iowa 50421
Phone: (641) 444-3500

Clarion

1316 South Main Street
Clarion, Iowa 50525
Phone: (515) 532-2811

844-ISH-4321

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Pulmonary Function Test

Pulmonary Function Tests (PFT's) are breathing tests performed to see how well you move air in and out of your lungs and how well oxygen enters your body. They help determine the presence of lung abnormalities, progression of lung disease, and help develop a course of therapy and treatment. Most pulmonary function tests include spirometry, which requires patients to breathe through a mouthpiece and measures how much air you breathe into your lungs and how quickly you blow air out of your lungs. Another test, body plethysmography, requires patients to sit in a box with large windows. This test measures the amount of air left over after breathing in a deep breath and the amount of air left over after breathing out as much as you can.

Preparing for the Test

- Do not smoke for at least 1 hour before the test.
- Do not drink alcohol for at least 4 hours before the test.
- Do not exercise heavily for at least 30 minutes before the test.

- Wear loose clothing so that you may take deep breaths.
- Do not eat a big meal two hours before the test.
- Avoid food and drinks that contain caffeine before testing.
Caffeine can cause your airways to open and interfere with test results.
- Discontinue inhaled/nebulizer medication for 4 hours before the test (if possible, and if authorized by your health care provider).

Reasons for the Test

The test will be of great value to help your doctor in evaluating the health of your lungs and diagnosing problems such as asthma or emphysema. The test will also help your doctor plan your treatment and evaluate the effectiveness of your current medications.

Variables such as age, gender, and body size affect lung function. By using tables of normal and predicted values for these variables, your physician can compare your PFT results to measurements of normal healthy people.

During the Procedure

The tests require that you breathe through a tube, and perform various maneuvers such as rapid breathing, breath holding and relaxed breathing. This is occasionally tiring, but not painful (if you should become lightheaded or dizzy, let the staff know). The tests are repeated three times, in order to get the best and most accurate test results.

Your total concentration and maximum effort are essential to obtain useful tests. Always feel free to ask questions. The technician will be happy to explain the test to you further if you desire.

Spirometry may take about 30 minutes. A complete test will take from 1 1/2 to 2 hours and you will be given bronchodilator medication during the test.

After the Procedure

When your test is complete you can return to your normal activities. Your provider will make recommendations for treatment based on the test results.

