

## **Pulmonary Function Test**

### **What is a Pulmonary Function test (PFT)?**

A PFT is a measurement of your lung capacity and how well your lungs diffuse oxygen into your blood stream. Results from a PFT can aid your provider in diagnosing lung disorders.

### **What is involved in a PFT?**

You will sit in a chair and blow into a plastic mouthpiece. To ensure your breath is accurately captured through your mouth, we will place a clip over your nose. There will be three parts to this test:

1. The first test, called a Forced Vital Capacity (FVC), you will be instructed to take a deep breath in and blow it out as hard and as long as you can. The staff administering the test will guide you through it every step of the way.
2. The second test, called Diffusion Capacity (DLCO), you will take a deep breath in, blow it all the way out, then take another deep breath in, hold it for 8 seconds, then blow it all the way out. Again, the staff administering the test will instruct you every step of the way.
3. The third test, called a Lung Volume test, you will be instructed to breath normal, take a deep breath in and slowly exhale all the way. Then you will breath normal for the remainder of the test. This portion can last anywhere from 2-10 minutes.

\*If indicated by the results of your FVC test, you will be given a breathing treatment, and then perform an additional test to see if the medication improves your breathing.

### **How long does the PFT appointment last?**

The testing will last about 45 minutes to an hour.

### **What is the preparation for the test?**

- No caffeine drinks prior to the test
- Do not use any breathing medication for 4 hours prior to testing.
- Take all other medications as prescribed.
- You may eat a light meal and drink liquids as desired prior to testing.

### **Before having the PFT test, please notify staff if you have had any of the following:**

- Recent cataract surgery
- COVID or FLU diagnosis in the last two weeks
- Recent Pneumothorax diagnosis
- Retinal Detachment history
- Thoracic or abdominal surgery within the last 4 weeks
- Myocardial Infarction (heart attack) within the last 4 weeks