

# Illinois Heart & Lung Associates - Patient Services

## Pulmonary Function Tests

### What is a Pulmonary Function Testing?

Pulmonary Function Testing is actually a series of tests that helps to determine the presence of lung disease or abnormality of lung functions. It consists of a series of breathing maneuvers to measure a patient's breathing capacity. Both deep breathing and relaxed exercises are done. Diffusion studies are done to measure the rate of gas transfer from the lungs to the bloodstream.



### Who is at risk for Chronic Obstructive Pulmonary Disease (COPD)?

- Do you have a family history of relatives diagnosed with COPD?
- Are you a current or previous smoker?
- Do you have asthma?
- Do you suffer from shortness of breath?
- Do you have difficulty sleeping?
- Are you bothered with a nagging cough?

Unfortunately, genetics are a major factor in COPD. However, lifestyles also present reasons for COPD. To determine the extent to which a person may have lung diseases or abnormalities present, we may suggest you undergo a series of Pulmonary Function Tests, or PFT.

### Prior to the Test

- Eat a light meal, if at all, before testing
- Avoid taking any bronchodilator (breathing) or beta-blocking (blood pressure/heart) medications within 6 hours of testing
- Allow approximately 60-90 minutes for testing
- Wear loose fitting, comfortable clothing

### What to Expect

After arriving at the pulmonary testing laboratory, a pulmonary history will be completed and a respiratory assessment made. Please bring a list of your current medications so that this information can be included in your history. The tests will be conducted by a respiratory therapist who will instruct you in each procedure.

The final test may involve the use of a bronchodilator drug to test your response to this type of therapy.

If you have any questions regarding pulmonary function testing, please contact us.