

BREATHING TESTS – PULMONARY FUNCTIONS TESTS (PFTs)

- PFTs are breathing tests.
- PFTs test how much air you move in and out of your lungs. They also test how well oxygen comes into your body.
- PFTs are used to:
 - Find lung disease.
 - Treat lung disease.
 - Follow your lung function over time.
 - Check if your treatment is working.
 - Check if your lungs can tolerate surgery.

My test is on: _____

Tell the respiratory therapist if:

- You have an infectious disease. Examples are active lung tuberculosis (TB) or COVID-19.
- You have issues with your heart. Examples are a recent heart attack, unstable heart disease, angina, or uncontrolled blood pressure.
- You are coughing up blood.
- You had a recent stroke.
- You have an aortic aneurysm or a brain aneurysm.
- You had eye surgery in the past 4 weeks.
- You have uncontrolled glaucoma.

WHAT SHOULD I DO TO GET READY FOR MY TESTS?

- Do not take puffers (inhalers) on the day of your tests*.
- Do not smoke on the day of your tests.
- Tell the respiratory therapist if you are pregnant.

**If you have breathing problems when you stop your puffer medications, start taking the medications in your normal way, and call the doctor who ordered the test as soon as possible.*

WHAT WILL HAPPEN DURING MY TESTS?

For your tests, the respiratory therapist may:

- Check your oxygen level.
- Have you do a blowing test. This test uses a spirometer to check how much air you can breathe in and out.
- Have you do another blowing test after an airway opening puffer (also called bronchodilator/Ventolin).
- Have you hold your breath for 10 seconds. This will check how well your lungs transfer oxygen.

The tests take up
to 60 minutes.

WHAT WILL HAPPEN AFTER MY TESTS?

- You can start taking your normal puffer medications again.
- You must see your doctor for your results.