

ASPEN VALLEY HOSPITAL PATIENT EDUCATION PULMONARY FUNCTION TEST

WHAT IS A PULMONARY FUNCTION TEST?

Pulmonary function testing measures how well you are breathing. There are different types of breathing tests that can be done during pulmonary function testing. They include spirometry, lung volumes and diffusing capacity. Spirometry can show how much air you can breathe in and out. It also shows how fast you can breathe in and out. Lung volumes can provide further information about how your lungs are functioning. Diffusing capacity can show how well your lungs move oxygen from the lungs to the blood. The results of pulmonary function testing can help your doctor find the best treatment plan for you.

HOW DO YOU GET READY FOR THE TEST?

Please follow these directions when getting ready for this test. These medicines will affect the results of some of these tests and need to be stopped before the testing is done. If the medicine is not stopped before the test we will not be able to complete the test.

1. Stop smoking for 8-12 hours before the test, or stop as directed.
 2. Avoid caffeine the morning of the procedure.
 3. Eat only a light meal and limit fluids.
 4. Wear loose clothes that don't restrict your breathing.
- Stop these **inhaled** medicines for **24 hours** before your appointment:
 - Foradil (Formoterol)
 - Spiriva (Tiotropium)
 - Breo (Fluticasone / Vilanterol)
 - Anoro Umeclidinium / Vilanterol)
 - Trelogy (Fluticasone / Umeclidinium / Vilanterol)
 - Yulepri (Revefacin)
 - Stop these **inhaled** medicines for **12 hours** before your appointment:
 - Symbicort (Budesonide)
 - Advair (Salmeterol / Fluticasone)
 - Serevent (Salumedrol)
 - Dulera (Mometasone /Formoterol)
 - Brovana (Arformoterol)
 - Stop these **inhaled** medicines for **6 hours** before your appointment:
 - Atrovent (Ipratropium Bromide)
 - Combivent (Ipratropium Bromide / Albuterol)
 - Stop these **inhaled** medicines for **4-6 hours** before your appointment:
 - Proventil, Ventolin (Albuterol), Xopenex (Levalbuterol), Maxair (Pirbuterol), Alupent, Metaprel, (Metaproterenol), Brethaire, Brethine (Terbutaline), Tornalate (Bitolterol), Bronkosol (Isoetharine), Isuprel (Isoproterenol), Primatene Mist.
 - Stop these **oral** medicines for **8 hours** before your appointment:
 - Volmax, Ventolin, Proventil, Proventil Repetabs (Albuterol), Metaprel (Metaproterenol), Bricanyl, Bethaine (Terbutaline)
 - Continue to take all your other medicines as you usually do.

WHAT IS DONE DURING THE TEST?

You will do a number of breathing tests. The technician will explain what you need to do during each test. A good effort during the testing is important to get good results. The technician will coach you during each test to help you give a good effort. If you have questions during the tests, please ask the technician. You may be asked to sit in a plexiglass booth for some of the testing. This booth is called a body box or plethysmograph. You will do different breathing techniques, blowing into a tube, while in the booth. Each breathing technique is often repeated to make sure the test is reliable. You may also inhale a quick-relief medicine. If you inhale the medicine the breathing test will be repeated after the medicine. Your doctor can see what breathing changes you have after you inhale the medicine.

HOW LONG WILL THE TEST TAKE?

Pulmonary function testing often takes 1 hour to complete.