

Pulmonary Function Test (PFT)

Pulmonary Function Tests (PFT), sometimes called spirometry, are a group of tests that measure how well the lungs take in and release air. As you breathe into a mouthpiece, the spirometer records the amount and the rate of air that you breathe in and out.

Your physician may have ordered your PFT to:

- Find the cause of shortness of breath
- Diagnose certain types of lung disease
- Measure progress or effectiveness of your treatment or medications
- Measure whether exposure to contaminants have affected your lung functions

To prepare for the test:

- Do not eat a heavy meal prior to the test
- Do not smoke for 4-6 hours prior to the test
- If you use bronchodilators or inhaler medications, your physician will give you instructions if you need to stop using them

Since the test involves some forced and rapid breathing, you may have some temporary shortness of breathe or light-headedness during the test. It is important that you follow the technicians instructions during the test to obtain accurate results.

A doctor's order is required for a Pulmonary Function Test (PFT).

For more information, please call our Cardiopulmonary Department at 621-4390.