



Preparation for Pulmonary Function Tests

Welcome and thank you for choosing Bradford Regional Medical Center for your pulmonary function tests. Our physicians and respiratory therapists are dedicated to providing highly skilled and compassionate care for you and your family. We understand that you may be apprehensive about your procedure. We hope the following information will be helpful to you as you prepare for your procedure.

PFTs are used to test how much air and how quickly it moves in and out of a patient's lungs. It also indicates how easily a patient takes in and exhales air, and how efficiently the lungs transfer oxygen into the circulatory system.

PFTs are used to diagnose and determine possible treatments for many lung disorders including chronic obstructive pulmonary disease (COPD), asthma, emphysema, bronchitis, and allergies

The Pulmonary Lab is located on the 2nd floor of the hospital. We want to make your experience as comfortable as possible. If you have any questions or concerns that are not answered here, please do not hesitate to call your physician or the Pulmonary Lab at (814) 362-8296 between 7:00 AM and 3:30 PM Monday - Friday.

Before Your Procedure

Your physician's office will schedule the date and time of your procedure with the X-ray Department by calling 814-362-8200. You or your physician's office will be provided any necessary instructions when the exam is scheduled.

If you develop a cold, please call your physician. It may be necessary to reschedule your test for a time when you are feeling better.

Certain medications will need to be held prior to your test.

- 48 hours prior to the test hold **Singulair**
- 24 hours prior to test hold all **inhalers** and **respiratory medications**

Do not smoke for at least 12 hours prior to test.

On the Morning of Your Procedure

Wear loose fitting, comfortable clothing and flat shoes. Do not bring any valuables with you.

You may be accompanied by one adult family member or friend; however we ask that they wait in the waiting area during your procedure. Children should not accompany adults having a procedure.

Day of the Procedure

Please make sure that you bring your insurance card and order for testing with you. When arriving at the hospital please go to outpatient registration and check in before heading to the X-ray department waiting area on the 2nd floor. If you need assistance getting to outpatient and up to the 2nd floor please stop at the concierge desk and for a wheelchair to help get around the hospital.

The staff may ask you the same questions several times; they will ask your name, birth date, what procedure you are having done, your medications and your allergies. By repeating our questions, we are verifying and re-verifying very important information to ensure that your time with us is as safe as possible. Please be prepared to tell the respiratory therapist when you last took each of your medications

During the Procedure

- You will be taken back to the procedure room and will sit upright in a chair. The respiratory therapist will stay by your side and will explain everything that is happening.
- The test consists of up to 5 parts and will take approximately 45 – 60 minutes. If you get tired, you can take a break between test sections.
- You will be asked to close your lips tightly around a mouthpiece and wear nose clips so you breathe only through your mouth. A mouthpiece and hose are connected to a medical instrument that will record the patient's different types of breathing (different techniques may be used to obtain and measure those efforts).
- You will be asked to take deep breaths and exhale deeply.
- You will be asked to repeat these three times to ensure a more accurate reading.

- You will be asked to hold your breath for up to 10 seconds.
- You may be asked to breath in medication to make it easier to exhale.
- You may be asked to breathe in a mixture of oxygen or helium and oxygen.
- You will be enclosed in a see-through box for some of the testing

Please report any symptoms you experience during the testing. These would include shortness of breath, dizziness, chest pain, sore mouth or feeling your heart racing.

After Your Procedure

Your time in the Pulmonary Lab will vary depending on the procedure you had done. You will be discharged immediately after the test.

You can generally resume all of your medication immediately unless otherwise instructed.

The therapist is not permitted to discuss your results. The Pulmonologist chosen to interpret the test will be notified that it is here for him to review. Once he interprets the test, the results are faxed to the ordering physician. Your doctor will generally discuss the results with you at your next physician's office visit. Talk with your doctor or testing center about how to get your test results

Thank you for allowing us to take care of you during your pulmonary function test.