

# PFT (Pulmonary Function Test)



If you have a cold, flu, fever or are feeling ill, contact the PFT Bookings office at (807) 684-6680 prior to coming for your test.

## How to prepare for a Pulmonary Function Test (PFT)?

- You can eat a light meal (toast, soup, or muffin) two hours before your appointment.
- Do not smoke 8 hours before your test.
- Wear comfortable clothing

If this is your **FIRST** time having a PFT at Thunder Bay Regional Health Sciences Centre:

You should not take the following medications before your appointment (unless in an emergency situation), as these may affect your testing:

- **Bronchodilators:** i.e. Ventolin, Atrovent may be taken up to 8 hours prior to test.
- **Accolade, Singular:** May be taken up to 24 hours prior to test.
- **Oxeze, Serevent, Advair:** May be taken up to 48 hours prior to test.

Take all other medications as usual unless specified otherwise by your physician. If you had to take the above medications due to an emergency situation, contact the PFT Bookings office at (807) 684-6680 prior to coming for your test.

If you have already had a PFT here:  
Take all of your medications as usual

## What is a Pulmonary Function Test?

Pulmonary Function Tests help to diagnose many respiratory conditions and can help evaluate the effectiveness of any current therapies including

medications and exercise. Normally, you will undergo three separate breathing maneuvers under the guidance of a Respiratory Therapist and performed inside a booth with glass sides. You will be breathing through a mouthpiece/filter while wearing nose clips.

The testing session will take approximately 45 minutes to complete.

## What will happen during a PFT?

**1. The first test** involves rapid and forceful inhalation and exhalation. This is the most strenuous component of the testing. It is essential that you do your absolute best at this test so that the doctors can determine your maximum lung function.

**2. The second test** involves normal breathing and then taking a deep breath in and blowing all the way out. You will then breathe normally and be asked to take rapid, shallow breaths for a short period of time.

**3. The third test** involves normal breathing, followed by a deep inhalation and a 10-second breath hold.

Following the third test, a medicated bronchodilator inhaler (Ventolin®) may be given to you and the first test repeated.

## What will happen after the PFT?

After your PFT you may return to your normal activities. The Respiriologist will send the report to your physician. The results will be given to you by your physician