

Pulmonary Function Test Instructions

Pulmonary function tests (PFT's) are breathing tests to find out how well you move air in and out of your lungs and how well oxygen enters your body. The most common PFT's are Spirometry, diffusion studies and body plethysmography.

IMPORTANT INSTRUCTIONS:

In order to get useful test results please follow these directions carefully. Failure to do so may result in rescheduling your appointment.

***12 HOURS BEFORE DO NOT TAKE ANY RESPIRATORY INHALERS OR NEBULIZERS**

*NO Caffeine – Coffee, Tea, Soda or Chocolate

*Do not smoke for at least 1 hour before the test

*Do not take narcotic pain medication (if possible) at least 4 hours before the test

*Do not exercise heavily for at least 30 minutes before the test

*Wear loose fitting clothing

*Do not eat a LARGE meal 2 hours prior to the test

*If you use oxygen, please bring your portable oxygen equipment with you

What should I know before taking the test?

*Instructions will be given on how to do the test. If you do not understand them, ask the technician to repeat them.

*It takes effort to do this test and you may become tired. This is expected.

*If you become light-headed or dizzy during the test, immediately stop and let the technician know.

PFTs are done at our office location at 7335 Gladiolus Drive, Fort Myers, FL 33908.

Appointment Date: _____ Appointment Time: _____

If you need to reschedule, please call our office at (239) 985-1925.