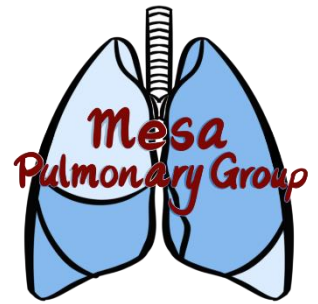


PULMONARY FUNCTION TEST (PFT) INFORMATION FORM



What is Pulmonary Function Test?

A pulmonary function test (PFT) is a comprehensive breathing test that helps detect the presence of any lung and breathing problems while evaluating its severity. These series of tests will help your physician determine the proper course of therapy going forward.

How Long Will This Take?

The time for this test will be dependent on the types of maneuvers conducted. Pulmonary function testing can take from 30 minutes to 1 hour.

What Tests Are Performed?

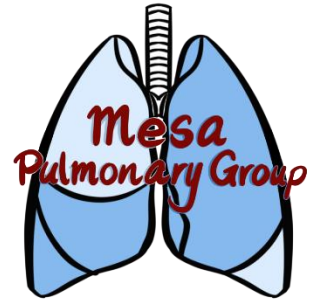
Every maneuver performed in a PFT will be done by inhaling and exhaling out of your mouth and into the machine. Each maneuver will require some amount of repetition for accuracy and an average.

- Simple Spirometry: In this test, you will be asked to start off with 3 normal breaths. Then, you will take a fast and deep breath in followed by a fast and deep breath out until you are completely empty. When you have expelled all the air from your lungs, you will be asked to take a fast and deep breath back in again.
- Maximal Voluntary Ventilation (MVV) maneuver: This test requires you to start off with 3 normal breaths followed by a hyperventilation pattern (rapid and deep breaths in and out) for 12 seconds in order to measure your maximal breathing capacity.
- Total Lung Capacity (TLC) maneuver: In this test, you will be asked to start off with 30 seconds of normal breathing. Then, you will take a a slow and deep breath in followed by a slow and deep breath out until you are completely empty. When you have expelled all the air from your lungs, you will be asked again to take a slow and deep breath back in.
- Diffusion Capacity (DLCO) maneuver: This test will require you to start off with 4 normal breaths followed by a maximal exhale. Once you have emptied your lungs completely, you will be asked to take a fast and deep breath in that is subsequently followed by a 7 second breath hold. Then, you will fully exhale all the air out and take a big breath back in.
- Bronchodilator Study: After completing the spirometry, MVV, and TLC maneuvers, you may be asked to take a bronchodilator (Albuterol inhaler) to evaluate the effect of the medication on your airways.

How do I prepare for this test?

1. Please bring an Albuterol/Ventolin/Pro Air Rescue Inhaler with you to the test. If you do not have one, please contact your pulmonologist for a prescription.
2. Please do NOT be late. Appointments that are more than 15 minutes late will have to be rescheduled due to time constraints.
3. This test will require a moderate degree of patient exertion. If the patient is not feeling well, please call to re-schedule the appointment.
4. Please refrain from smoking on the day of testing.
5. Please refrain from drinking alcohol at least 4 hours before testing.

PULMONARY FUNCTION TEST (PFT) INFORMATION FORM



6. Please wear loose fitting clothing that will NOT restrict breathing during testing.

For Patients with Bronchodilator(s):

Please consult your physician about holding respiratory drugs prior to testing.

For Short-acting Beta Agonists (Albuterol, Salbutamol)

Please refrain from using 4-6 hours before testing. 6 hours for Ipratropium (Atrovent)

For Long-acting Beta Agonists (Formoterol, Salmeterol)

Please refrain from using 12 hours before testing.

For Ultra-Long-acting Agents (Tiotropium)

Please refrain from using 24 hours before testing.

What else should I know?

These tests are an excellent way to assess the health of your lungs and airways. It is important to give your best effort so that the results are as revealing as possible.