Symphony of Health connections

Pulmonary Function Test Patient Information and Preparation Instructions

Test information:

Pulmonary Function Tests (PFTs) are a series of non-invasive breathing tests that tell us how well your lungs are working. They measure how much air your lungs can hold, how quickly you can move air in and out, and how well your lungs put oxygen into your blood.

Think of this as a "stress test" for your lungs. While it doesn't involve a treadmill, it does require some physical effort. See more information.

- The Equipment: You will sit in a comfortable chair and wear a soft clip on your nose to ensure all air moves through your mouth. You will breathe through a filtered mouthpiece connected to a computer.
- The "Coach": Our technologist will guide you through different breathing patterns. At times, they may use a loud, "cheerleader" voice to encourage you to "BLOW, BLOW, BLOW!" This is normal—they are just trying to help you get your best results.
- Duration: A full set of tests usually takes between 45 to 60 minutes.
- Effort: You may feel a little tired or lightheaded afterward from the deep breathing. This is temporary.

Contact us before your appointment if you have had any of the following recently:

- Chest, abdominal, or eye surgery (within the last 6 weeks).
- A recent heart attack or stroke (within the last month).
- A known thoracic or abdominal aneurysm.
- You are currently coughing up blood.

Please review the following information to allow for appropriate testing:

§ Arrive 15 minutes ahead of your scheduled appointment to allow for preparation.
§ Please have comfortable clothes for the test.
§ Do NOT use perfume, aftershave or other scented products.
§ Do NOT eat a heavy meal 2 hours before your test
§ Avoid physical exercise, caffeine, nicotine, vaping, nicotine patches, alcohol, and cannabis products for 6 hrs before.
§ Do NOT take Ventolin the day of testing.
§ Unless specifically instructed by your referring doctor, continue to take your non-respiratory medications. If in doubt, please ask your referring care provider for clarification.
§ Please bring your medications and a list of their names and doses (amount you take) with you.

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Medication Instructions

This is the most important part of your preparation. If you are taking breathing medications (inhalers or nebulizers), we may need you to stop them temporarily so we can see your "baseline" lung function.

Please follow the schedule below unless your doctor specifically told you otherwise:

Medication Type	Examples	Stop Taking...
Short-Acting Inhalers	Albuterol (ProAir, Ventolin), Levalbuterol (Xopenex), Ipratropium (Atrovent)	**6 Hours** before
Long-Acting Inhalers	Salmeterol (Serevent), Formoterol (Foradil), Tiotropium (Spiriva)	**24 Hours** before
Combination Inhalers	Advair, Symbicort, Breo, Trelegy, Dulera	**24 Hours** before

Your test results:

Your test results will be communicated with your referring health care provider and/or family physician **within 5-10 business days**. Please contact them to discuss. If any **Urgent or Critical** results are found, a Symphony of Health Connections team member will contact you. Should your test result require urgent consultation/assessment/treatment, we will try to expedite that for you as possible in coordination with your referring provider/family physician to minimize your concerns.

If your results are **Normal or Stable** and were ordered by Symphony of Health Connections, our team will review them with you by letter, phone call, text if available, or at your next scheduled follow-up appointment.

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