

# Pulmonary Function Tests

*(Breathing Tests)*

## Pulmonary Function Tests

Your health care provider wants you to have breathing tests to check how well your lungs are working after you breathe different ways into a mouthpiece. The tests are:

### ❑ spirometry

It checks how well air moves in and out of your lungs. It may be repeated after you take an inhaled breathing medicine.

### ❑ lung volumes

It checks how much air your lungs hold.

### ❑ diffusing capacity

It checks how easily oxygen can move from your lungs to your blood.

The tests can help your health care provider:

- help find the cause of your breathing problem
- follow the progress of lung diseases
- plan treatment
- check for side effects of medicines that can affect the lungs.

Each separate test takes about 30 minutes.

## Before Your Test

- For **6 hours** before your test, try to avoid:
  - large meals
  - caffeine
  - heavy exercise
  - smoking.

## Medicines to Not Take Before Your Test

- For **24 hours** before your test, do not take the following (unless your health care provider gives you other directions):
  - Advair® (fluticasone/salmeterol)
  - Anoro® (umeclidinium/vilanterol)
  - Arcapta® (indacaterol)
  - Breo® (fluticasone/vilanterol)
  - Brovana® (arformoterol)
  - Dulera® (mometasone/formoterol)
  - Foradil® (formoterol)
  - Perforomist® (formoterol)
  - Serevent® (salmeterol)
  - Singular® (montelukast)
  - Spiriva® (tiotropium)
  - Stiolto® (tiotropium/olodaterol)
  - Striverdi® (olodaterol)
  - Symbicort® (budesonide/formoterol)
  - theophylline
  - Tudorza® (aclidinium).

**(over)**

- For **6 hours** before your test, do not take the following (unless your health care provider gives you other directions):
  - Atrovent® (ipratropium)
  - Combivent® (albuterol/ipratropium)
  - DuoNeb® (albuterol/ipratropium)
  - ProAir® (albuterol)
  - Proventil® (albuterol)
  - Ventolin® (albuterol)
  - Xopenex® (levalbuterol).

## After Your Test

- The test results will be put in your chart for your health care provider to see.
- Your health care provider will let you know your results.
- Call your health care provider if you have questions about your results.
- Your health care provider may want you to come back to check your lungs when they are on full treatment. They will give you instructions.

## Your Test

Your test is scheduled at \_\_\_\_\_ a.m. / p.m.  
on \_\_\_\_\_.

Call your health care provider if you have any questions.