

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).

Your Test

Your test is scheduled at
_____ a.m. / p.m. on
_____.

Call your health care provider if you have any questions.

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. He or she will give you instructions.