

# Pulmonary Diagnostics

## Your Test(s)

Your doctor wants you take one or more test(s) listed in this brochure.

To help you understand and prepare for your test(s), please read the sections identified by your doctor.

## How to Prepare for Your Test(s)

All instructions for the tests are the same unless stated otherwise or your doctor gives you special instructions. Prepare for each test by doing the following.

- Reschedule the test if you had a cold, virus, or sinus or respiratory infection within the past 6 weeks.
- If possible, **do not** take oral or inhaled breathing medicines for 24 hours before the test.
- **Do** take your other current medicines as directed.
- Bring a list of your medicines with you.
- Do not smoke the day of the test.
- Do not eat or drink caffeine or other products that contain caffeine (chocolate, coffee, tea or some soft drinks that have caffeine) 6 hours before the test.
- Rescue inhalers can be used up to 6 hours before the test.
- Do not drink alcohol for at least 4 hours before the test.
- Eat a light meal at least 2 hours before the test.

## Your Appointment

Test(s): \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Please arrive 15 minutes before your appointment.

Phone number: \_\_\_\_\_

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment.

## Tests

### Spirometry

This measures the flow and amount of air that you can forcefully blow out of your lungs. This test will show if breathing tubes are narrowed. It may be done again after a breathing medicine is given. The test takes 20 to 40 minutes.

**(over)**

## **Lung volumes (thoracic gas volume)**

This measures the total amount of air in the lungs. This test takes 30 minutes.

## **Diffusion capacity (DLCO)**

This measures how oxygen moves from the lungs to the blood system. The test takes 30 minutes.

## **Complete pulmonary function test (CPFT)**

This test includes a spirometry, DLCO and lung volumes tests. This series of tests will help your doctor look at your lung capacity, air flow and lung function to find lung disease.

The series takes about 90 minutes.

## **Cardiopulmonary exercise test (CPE or CPX)**

This test measures how well the heart and lungs work while exercising. Your breathing, heart rhythm and blood pressure will be assessed while you exercise on a stationary bike or treadmill. The test takes 90 minutes.

For the **CPE or CPX test**:

- Wear comfortable, loose-fitting clothing and athletic shoes.
- **Take all of your current medicines as directed.**

## **Six-minute walk test (6MWT)**

This measures the distance you are able to walk in 6 minutes on a flat surface. This test will show how well your heart and lungs work during exercise. The test takes 15 minutes.

For the **6MWT**:

- Wear comfortable, loose-fitting clothing and athletic shoes.
- **Take all of your current medicines as directed.**

## **Methacholine challenge test**

This test helps diagnose asthma and reactive airways. You will be asked to breathe into a machine after inhaling different doses of medicine. The test takes 90 minutes.

Do not have this test if you are pregnant or think you might be pregnant.

**Important:** Talk with your doctor about which of your current medicines you need to stop taking before the test.

## **Arterial blood gases (ABG)**

Blood is taken from an artery (usually from the pulse in the wrist) to see the amount of oxygen and carbon dioxide in your bloodstream. There is nothing special to do for the test, unless your doctor tells you.

## **Pulse oximetry**

This test measures the oxygen level in your body. It can be done at rest, with exercise, or both. The test takes 10 to 30 minutes. You do not need to prepare for the test.