

# Pulmonary Function Testing

Care Management Services



***Hours:***

Monday - Friday  
8 a.m. - 4:30 p.m.

**(515) 386-0469**  
**FAX: (515) 386-3089**

**Greene County Medical Center**

1000 West Lincoln Way  
Jefferson, IA 50129

[gcmchealth.com](http://gcmchealth.com)



## What are pulmonary function tests?

Pulmonary function tests are a series of measurements designed to tell your doctor how well your lungs are functioning. They help determine the presence of lung abnormalities, progression of lung disease and a course of therapy and treatment.

Most pulmonary function tests include spirometry, which requires patients to breathe through a mouthpiece to record the amount of air breathed in and out.

### How will the tests help me?

They will help your doctor diagnose lung problems (such as asthma and emphysema).

They will also help your doctor plan your treatment and evaluate the effectiveness of your current medications.

### Are the tests painful?

Most tests are simply measurements of breathing capacity. They require that you breathe through a tube and perform various maneuvers such as rapid breathing, breath holding and relaxed breathing. This is occasionally tiring but not painful.

### How long does it take?

A screening test may take about a half hour.

A complete test (full PFT) will take from one to two hours.

## Day of the Test

- Do not smoke for four hours before the test
- Wear loose clothing so you may breathe comfortably
- Do not eat a big meal before the test
- Discontinue inhaled/nebulizer medication for 4-6 hours before the test

### Is there anything else I should know?

The test will be of great value in evaluating the health of your lungs. Your total concentration and maximum effort are essential to obtain useful tests. Always feel free to ask questions. The technician will be happy to address any questions or concerns you may have.

### More Information

If you have any questions prior to your test, please call (515) 386-2114, extension 469. We can be reached Monday-Friday from 8 a.m. - 4:30 p.m. Please leave a message if necessary and we will return your call.

### When You Come to Take the Test

You have been scheduled for a pulmonary function test. Please check in at the outpatient registration desk at Greene County Medical Center on:

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

Time: \_\_\_\_\_

If you are unable to keep your appointment, please notify Respiratory Therapy.