



Pulmonary Function Tests

Preparation Needed:

Do not eat a heavy meal before the test. Do not smoke for 4 to 6 hours prior to the test. Specific instructions will be given if branchodilators or inhaler medication should be withheld. Sometimes, medication may be inhaled prior to the test.

Brief Description of Test:

Pulmonary function tests measure how well the lungs take in and exhale air.

Spirometry measures how well the lungs exhale. In a spirometry test, a person breathes into a mouthpiece that is connected to an instrument called a spirometer. The spirometer records the amount and the rate of air that is breathed in and out over a specified time. Some of the test measurements are obtained by normal, quiet breathing, and other tests require forced inhalation or exhalation after a deep breath.

Why Am I Taking This Test?

The test is performed to diagnose certain types of lung disease (especially *asthma*, *bronchitis*, and *emphysema*), to determine the cause of *shortness of breath*, or to measure whether occupational exposure to contaminants affects lung function. It can also be used after the administration of medications to assess their effect, and to measure progress in disease treatment.

Please call our office with additional questions.