

PULMONARY FUNCTION TEST

Appointment Date: _____ & Time: _____

What is a Pulmonary Function Test (PFT)?

A PFT requires patients to perform a series of breathing exercises using special equipment that is designed to measure how well your lungs perform. These tests are conducted by a Registered Respiratory Therapist (RRT) who will coach you through each step. Most patients are referred for these tests to assess for potential causes of shortness of breath or chest pain and/or to assess for asthma or COPD.

How to Prepare for your Test:

You can expect your appointment to last approximately one hour; this will allow for the test to be completed and provide time for medication review should it be deemed necessary. There is no cardiovascular exercise component to your scheduled testing. Fasting is not required, however we do ask for patients to please refrain from smoking/vaping for at least two hours prior to the test.

Medication Instructions:

For maximal accuracy, our aim is to have you arrive for your PFT without any inhaler medication(s) in your system. As such, *you are asked to refrain from taking any inhalers for 24 hours prior to the PFT.* Below is a list of the most common respiratory medications and the estimated amount of time it takes for them to wear off:

| Time In Body | Respiratory Inhaler(s) to Stop |
|--------------|---|
| 4-6 hours | Ventolin, Airomir, Salbutamol, Apo-Salvent, Bricanyl, Berotec |
| 12 hours | Atrovent, Combivent |
| 24 hours | Advair, Symbicort, Oxeze, Serevent, Zenhale, Foradil, Pulmicort, Trelegy, BrezTri |
| 36 hours | Spiriva, Spiriva Respimat, Ultibro, Seebri, Tudorza, Incruse, Duaklir, Inspiolto, Anoro, Onbrez, Breo |

We ask that you do your best to withhold these medications for a full 24-hours, however, if you develop symptoms that require you to use your inhaler(s), *please take them and note the time that they were taken;* be sure to inform the RRT of this at the time of your appointment.

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