

Piedmont Internal Medicine, Pulmonary And Infectious Diseases, P.A.

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What is a pulmonary function test?

Pulmonary function tests measure how well your lungs are working. The different types of breathing tests that can be done during pulmonary function testing include spirometry, lung volumes and diffusing capacity. The results of pulmonary function testing can help your doctor find the best treatment plan for you.

What is done during the routine pulmonary function test?

You will do a number of breathing tests. Each breathing test is repeated to make sure the test is reliable. The technician will explain what you need to do during each test. A good effort during the testing is important to get good results. The technician will coach you during each test to help you give a good effort. If you have questions during the tests, please ask the technician.

How will the test feel?

Since the test involves some forced breathing and rapid breathing, some temporary shortness of breath or lightheadedness may be experienced. There is a tight fitting mouthpiece to breathe through, and nose clips are applied.

How do you get ready for the test?

You should not eat a heavy meal before the test, nor smoke for four to six hours beforehand. You should not eat or drink anything containing caffeine on the day of testing, but you can eat and drink anything that doesn't contain caffeine. You should wear loose, comfortable clothing.

Some medicines will affect the results of these tests and need to be stopped before the testing is done.

Stop these **inhaled** medicines for **24 hours** before your appointment:

Foradil, Spiriva, Zyrtec, Singulair

Stop these **inhaled** medicines for **12 hours** before your appointment:

Advair, Serevent

Stop these **inhaled** medicines for **6 hours** before your appointment:
Atrovent, Combivent, Proventil, Ventolin, Albuterol, Xopenex, Maxair

Continue to take all your other medicine as you usually do.

Please arrive **10 minutes** before your scheduled appointment. All Patients must be able to walk 5 feet unassisted.