

# PFT (Pulmonary Function Test)

If you have a cold, flu, fever or are feeling ill, contact the PFT Bookings Office at 519-631-2030, ext. 2378 prior to coming for your test.

## What is a Pulmonary Function Test (PFT)?

Pulmonary Function Tests help to diagnose many respiratory conditions and can help evaluate the effectiveness of any current therapies, including medications and exercise. Normally, you will undergo three separate breathing maneuvers under the guidance of a Respiratory Therapist. The testing session will take approximately 45 minutes to complete.

## How to prepare for a PFT?

- You can eat a light meal two hours before your appointment.
- Wear comfortable clothing.



## If this is your FIRST TIME having a PFT at St. Thomas Elgin General Hospital (STEGH):

- Do not smoke for one (1) hour before your test.
- Avoid caffeine on the morning of your test.
- Hold rescue or short acting inhalers the day of your test.
- Hold all Combination inhalers and Oral Respiratory medications for 24 hours prior to your test.
- You may continue with inhaled steroids, intranasal steroids and oral steroids.

## If you have already had a PFT at STEGH:

Instructions will be provided to you over the phone by a member of our team.

## Medications:

Hold the following medications on **the morning of your test:**

- Airmoir
- Atrovent
- Bricanyl
- Berotec
- Combivent
- Oxeze
- Ventolin

Hold the following medications for **24 hours prior to your test:**

- Accolate aka Zafirlukast
- Advair
- Anoro
- Breo
- Duaklir
- Incruse
- Inspirolo
- Onbrez
- Seebri
- Serevent
- Spiriva
- Striverdi
- Symbicort
- Trelegy
- Tudorza
- Ultibro
- Zenhale

## What will happen after the PFT?

After your PFT, you may return to your normal activities. The Spirologist will send the report to your physician. The results will be given to you by your physician.