

## Portage Health/Patient Instructions/Cardiopulmonary

### Pulmonary Function Test (PFT)

The Pulmonary Function Test (PFT) is a series of breathing tests in which you will be asked to breathe through a machine to determine air flow into and out of your lungs. This may include the **Methacholine Challenge Test**. During this test a drug (methacholine) is given during a PFT to help diagnose asthma and in certain circumstance to assist in the managing of asthma.



Tests can take from 30 minutes to 90 minutes, depending on the extent of the testing your doctor has ordered. It can only be performed if you have properly prepared for it.

### Preparing for this procedure

Required for all tests:

- no smoking for 24 hours before test
- no alcohol for 24 hours before test
- no eating 2 hours before test
- no coffee, tea, cola or chocolate 6 hours before test
- no strenuous exercise 30 minutes before test

Most inhalers must not be used for 12 hours before the test. However, long-acting medications (both oral and inhaled) must not be used for up to 48 hours before the test (call with specific questions).

Examples of (bronchodilators) Inhalers or nebulizers that should not be used before the tests:

12 Hour Hold	48 Hour Hold
Albuterol Atrovent Combivent CromolynSodium DuoNeb Maxair Proventil Ventolin Intal	<u>Antihistamines**</u> Allegra Benedryl Claritin Zyrtec  Advair Brovana Dulera Flovent Pulmicort Serevent Singulair Spiriva Symbicort Theophlline

\*\* Dr. Vallad Hix patients are to continue taking their Antihistamines per her instructions

You **cannot be pregnant** and have the Methacholine Challenge.

## During the procedure

In order to achieve the best results, a non-distracted environment is required. Please plan to have as few people as possible in the room during the procedure.

Below are estimated times for each procedure.

<u>Pulmonary Function Test</u>	<u>Estimated Time</u>
Methacholine Challenge	90 minutes
Complete PFT	90 minutes
Double PFT	75 minutes
Single PFT	30 minutes

## Contact us

Call our respiratory therapists at (906) 483-1460 for more information about withholding medications and pulmonary function testing. If you reach the voicemail box, please leave a name and phone number so that a member of our staff can return your call.