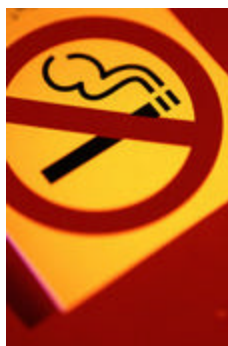


How to Prepare for the Test

- Do NOT eat a heavy meal before the test.
- Do NOT smoke for 4 to 6 hours before the test.
- Specific instructions will be given if bronchodilators or inhaler medications should be avoided.
- Sometimes, medication may be inhaled prior to the test.



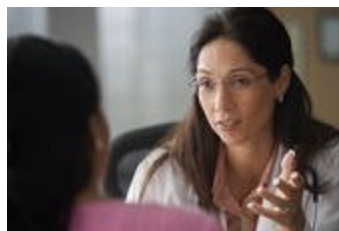
How Will the Test Feel?

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 mouth piece to breathe through, and nose clips are applied.

Test Results

Normal Values: Normal values are based upon the age, height, ethnicity, and sex of the person being tested. Normal results are expressed as a percentage.

Abnormal Values: A value is usually considered abnormal if it is less than 80% of the predicted value for that person. Abnormal results usually mean that a condition may be present.



Your exam is scheduled for:

Day: _____

Date: _____

Time: _____ am pm

Place: _____

Where can I find more information about pulmonary function testing and lung conditions?

http://www.lung.ca/diseases-maladies/index_e.php

http://www.webmd.com/hw/lung_disease/hw5022.asp

Visit our Website:

www.palmettofamilymed.com

Pulmonary Function Testing

Assessing the Status of Your Lungs



Palmetto Family Medicine

1655 Bernardin Ave., Suite 350

Columbia, SC 29204

(803)-256-2286

Fax (803)-256-1994

What is Pulmonary Function Testing?

Pulmonary function tests are a broad range of tests that measure how well the lungs take in and exhale air and how efficiently they transfer oxygen into the blood.

What Will the Test Tell Me?

The test determines the health of your lungs including:

- How well the lungs exhale
 - Used to diagnose lung disorders
 - Used to assess obstructive lung diseases (asthma and chronic obstructive pulmonary disease, COPD)
- Detecting restrictive lung diseases. May be caused by inflammation or scarring of the lung tissue or by abnormalities of the muscles or skeleton of the chest wall.
- Estimating how efficiently the lungs transfer oxygen from the air into the bloodstream.

Why the Test is Performed

The test is performed to diagnose certain types of lung disease (especially asthma, bronchitis, and emphysema), to determine the cause of shortness of breath, to measure effectiveness of medications, and to measure progress in disease treatment.

What is Asthma?

Asthma is a chronic (long-term) disease that makes it hard to breathe. Asthma can't be cured, but it can be managed so people with asthma can lead normal, active lives.



What is Chronic Obstructive Pulmonary Disease (COPD)?

COPD is a long-term lung disease usually caused by smoking. COPD includes a few lung diseases including bronchitis and emphysema. COPD slowly damages your airways.

What is Bronchitis?

Bronchitis is an inflammation of the air passages. The inflammation means the walls of your air passages are swollen and filled with extra sticky mucus. Airflow into and out of your lungs is partly blocked because of this inflammation.

What is Emphysema?

Emphysema is a chronic (long-term) lung disease that can get worse over time. It is usually caused by smoking. Having emphysema means some of the air sacs in your lungs are damaged, making it hard to breathe.

How the Test is Performed

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 during normal, quiet breathing, but at other times the test requires the patient to force air in or out of their lungs after a deep breath.

