



WHAT ARE THE DIFFERENT TYPES OF TEST?

Pulmonary function tests (PFTs) include different kinds of breathing tests that measure how well your lungs move air.

Spirometry

Spirometry measures how much air you can breathe in and breathe out. It also estimates how much air is in your lungs.

Lung Volumes

Lung volumes measure the various amounts of air that are in your lungs after different points of breathing in and breathing out.

Gas Diffusion

Gas diffusion measures how much oxygen and other gases move from your lungs to your blood.



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WHAT CAN I EXPECT ON THE DAY OF MY TEST?

Before your test. You may be asked to stop using your inhalers so make sure to read all instructions given to you from your healthcare provider.

The day of your test. Your healthcare provider will record some personal information including your: Height, Weight, Age, Race, Sex. Your healthcare provider will use this information to determine a typical test value for your demographic. After recording your information, your healthcare provider will take you to a room with PFT equipment and give you specific instructions according to the test that has been ordered. A PFT may take between 15 and 45 minutes to complete.

Everything You
Need to Know
About

PULMONARY
FUNCTION
TESTING AT
WINNIPEG
LUNG
DIAGNOSTICS

WHAT IS A PULMONARY FUNCTION TEST?

Pulmonary function tests (PFTs) are noninvasive (no tools or instruments are put inside your body) tests that show how well the lungs are working. The tests measure lung volume, capacity, rates of flow, and gas exchange. This information can help your healthcare provider diagnose and decide the treatment of certain lung disorders.

WHY DOES MY DOCTOR WANT ME TO GET A PFT?

PFTs may be used to check your lungs before surgery or other procedures if you have lung or heart problems, are a smoker, or have other health conditions. A PFT may also be used to look for and help treat the following conditions:

- Chronic lung conditions such as asthma, bronchiectasis, emphysema, or chronic bronchitis
- Respiratory infections
- Allergies
- Trouble breathing from injury to the chest or a recent surgery
- Restrictive airway problems from scoliosis, tumors, or inflammation or scarring of the lungs

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ARE THERE ANY RISKS?

Pulmonary function testing is safe, but you may feel dizzy, lightheaded or tired from breathing so deeply. You may also cough from blowing into the mouthpiece or feel tired. These symptoms should go away shortly after you complete the PFT. Let your healthcare provider know if you need a break during testing.

WHAT HAPPENS IF I FAIL MY TEST?

There is no such thing as failing a PFT. If your test is abnormal, your healthcare provider will discuss additional work you may need to receive a diagnosis and a treatment plan.

