



# Desert Pulmonary & Sleep Consultants Diagnostic Center

Desert Pulmonary & Sleep Consultants, PLC

## Instructions for Pulmonary Function Test

*Pulmonary function tests (also called lung function tests) evaluate how well your lungs work. These tests determine how much air your lungs can hold, how quickly you can move air in and out of your lungs, and how well your lungs allow oxygen into your blood. The tests can diagnose lung diseases; measure the severity of lung problems, and check to see how well treatment(s) for lung disease work.*

### To Prepare for Testing:

- Do not eat a heavy meal before the test. (Your lungs may be restricted by a full stomach.)
- Do not smoke for 4 hours before the test. (Smoking may cause airway obstruction.)
- Do not exercise strenuously for 4 hours before the test. (Exercise may affect the ability of oxygen to transfer to your blood.)
- Avoid food or drinks that contain caffeine (coffee, tea, chocolate) for 4 hours before the test. (Caffeine may reduce airway obstruction and create a false test.)
- On the day of the test, wear loose clothing that does not restrict your breathing in any way.
- If you have dentures, wear them during the test to help you form a tight seal around the mouthpiece.
- Avoid wearing lipstick or lip balm during the test.
- Avoid taking breathing medications or inhalers 4 hours before the test (unless your lung doctor has specifically instructed you otherwise.)
- Avoid wearing perfume or cologne during the test, as this may cause an allergic reaction.

Your test is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am/pm at the following location: (If you are late you will be rescheduled)

- Appointment to Follow-up after Pulmonary Function test.

\_\_\_\_\_ 3303 E. Baseline Road Suite 208, Gilbert Arizona 85234  
(480)962-1650

\_\_\_\_\_ 2730 S. Val Vista Drive Suite 155, Gilbert Arizona 85295  
(480)917-1996