

PFT (Pulmonary Function Test)

PFT measures how much air and how well air moves in and out of your lungs. The test checks how your lungs work. It may be done to check for lung disease, how you respond to your treatment, or how well your lungs work before surgery.

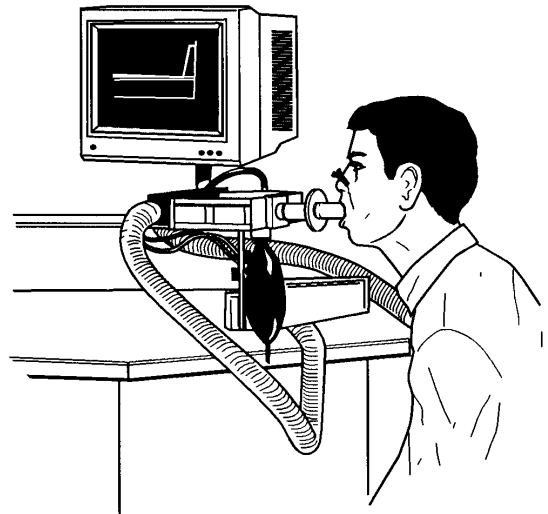
Arrive on time for your test. The test takes about 1 hour.

To Prepare

- Do not smoke for 4 to 6 hours before the test.
- Only eat a small meal before the test so you can take deep breaths during the test.
- If you take lung medicine, your doctor will tell you which medicines you need to stop taking and how long before the test.

During the Test

- A nose clip is put on your nose so that you breathe through your mouth.
- You breathe in and out through a tube that goes to a machine.
- You may be asked to:
 - ▶ Breathe in as deeply as you can and then blow air out as fast as you can.
 - ▶ Breathe normally and then take in as big a breath as you can.



EFR (Épreuve Fonctionnelle Respiratoire)

L'EFR mesure la quantité d'air dans les poumons et de quelle manière cet air se déplace en entrant et en sortant de vos poumons. L'examen vérifie le fonctionnement de vos poumons. Celui-ci peut être effectué pour vérifier l'existence d'une maladie pulmonaire, de quelle manière vous répondez à votre traitement, ou l'état de fonctionnement de vos poumons avant une intervention chirurgicale.

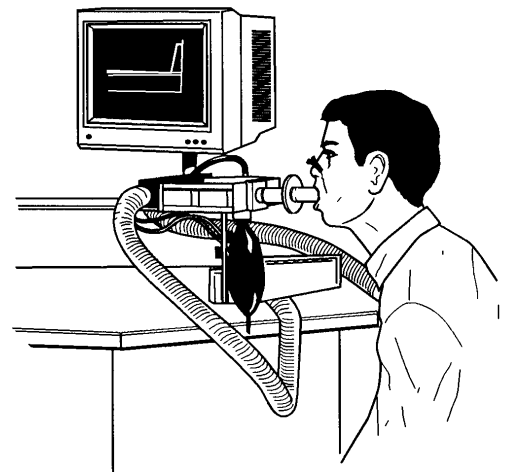
Arrivez à l'heure pour votre examen. L'examen dure environ 1 heure.

Préparation

- Ne fumez pas pendant 4 à 6 heures avant l'examen.
- Prenez un repas léger avant l'examen afin de pouvoir prendre de grandes inspirations pendant celui-ci.
- Si vous prenez un traitement pulmonaire, votre médecin vous dira quels médicaments vous devez ne pas prendre et combien de temps avant l'examen.

Pendant l'examen

- Un pince-nez sera placé sur votre nez pour que vous respiriez par la bouche.
- Vous inspirerez et expirerez dans un tube relié à une machine.
- On pourra vous demander :
 - ▶ D'inspirer le plus profondément possible et de souffler l'air le plus rapidement possible.
 - ▶ De respirer normalement puis de prendre la plus grande inspiration possible.



- You may be given medicine to inhale and have more testing to see the effect of the medicine.
- Tell the staff if you need to rest during the test.
- A blood sample may be taken to measure the oxygen in your blood.

After the Test

- You may feel tired and need to rest.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

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- On pourra vous donner un médicament à inhaler et ainsi effectuer d'autres examens pour vérifier les effets du médicament.
- Si vous ressentez le besoin de vous reposer pendant l'examen, dites-le au personnel soignant.
- Pour mesurer le taux d'oxygène dans votre sang, on pourra vous faire un prélèvement sanguin.

Après l'examen

- Vous pourrez vous sentir fatigué(e) avec le besoin de vous reposer.
- Les résultats du test seront envoyés à votre médecin. Ce dernier les commentera avec vous.

Parlez avec votre médecin ou votre infirmière si vous avez des questions ou des inquiétudes.

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