

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.

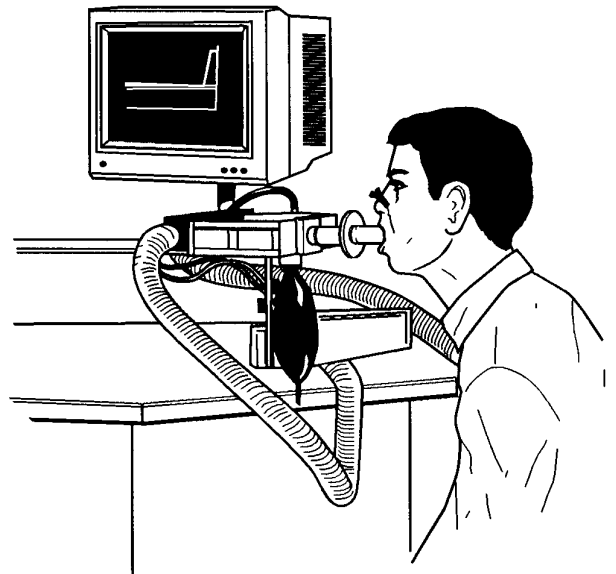
Arrive on time for your test. The test takes about 1 hour.

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.



PFT（肺機能検査）

PFT（肺機能検査）では肺への空気の出入りの量や抵抗を調べます。この検査では肺の機能を調べます。この検査では肺の病気、治療の効果または手術前の肺機能などを調べることができます。

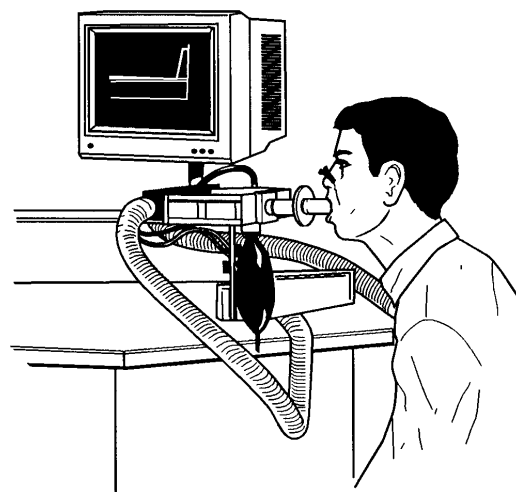
検査時間に遅れないでください。検査には 1 時間ほどかかります。

準備

- 検査前 4～6 時間以内は喫煙しないこと。
- 検査中に深呼吸ができるように、検査前の食事は少量にとどめてください。
- 肺の薬を飲んでいる場合は、服用を中止する必要がある薬、および検査の何時間前から服用を中止する必要がある薬については医師から指示があります。

検査中

- 鼻にクリップをつけて呼吸は口からします。
- 機械につながったチューブを通して呼吸をします。



- 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.
- 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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- 以下のことが指示されます。
 - ▶ できるだけ深く息を吸い込み、できるだけ速く息を吐き出す。
 - ▶ 普通に呼吸をしてから、できるだけ深く息を吸い込む。
- 吸入薬を処方して、薬の効果を確認する検査を実施する場合があります。
- 検査中に休憩したくなったら職員に伝えてください。
- 血液中の酸素濃度を測定するために採血を行うこともあります。

検査後

- 疲れた感じがして、休息が必要になることがあります。
- 検査結果はかかりつけの医師に渡されます。医師から結果の説明を受けます。

質問や不明な事項については、医師または看護師に相談してください。

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