

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.

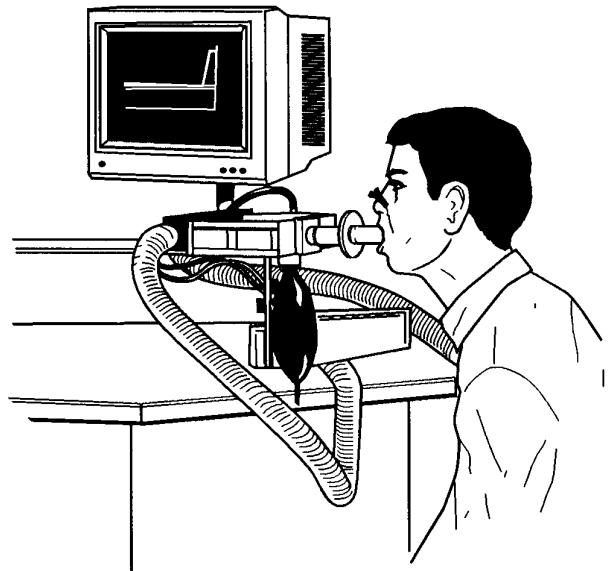
Arrive on time for your test. The test takes about 1 hour.

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.



Baaritaanka Shaqada Sanbabada (PFT - Pulmonary Function Test)

PFT wuxuu cabbiraa inta hawo ah iyo sida uga wanaagsan ee ay hawadu ugu socoto gudaha iyo dibedda sanbabada. Baaritaanku wuxuu hubiyaa sida sanbabadu u shaqeeyaan. Waxaa laga yaabaa in loo sameeyo si cudur sanbabada looga baaro, sida aad uga jawaabeysid ama ay wax kaaga qabanayso daaweynta, ama sida ugu wacan ee ay sanbabadaadu u shaqeynayaan qalliin ka hor.

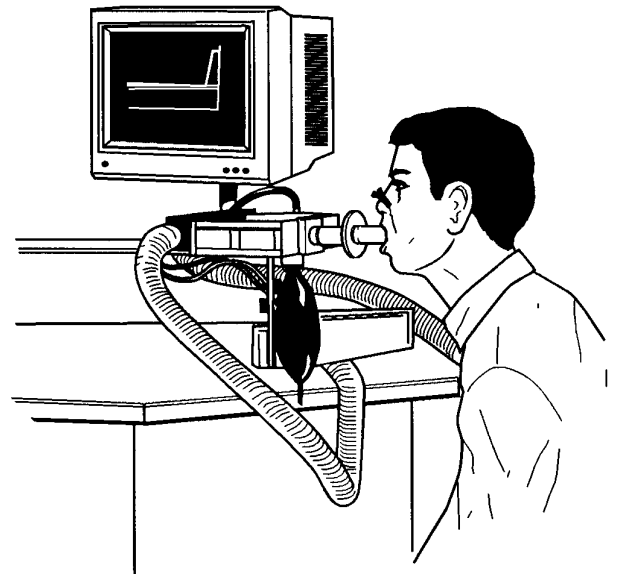
Waqtiga ku imow marka lagu baarayo. Baaritaanku wuxuu qaadanayaa ilaa 1 saac.

Si aad isugu Diyaarisid

- Ha cabbin sigaar mudo ah 4 ilaa 6 saacadood ka hor baaritaanka.
- Cunto yar oo keliya cun baaritaanka ka hor si markaas aad neefsasho qoto dheer u sameysid waqtiga baaritaanka.
- Haddii aad qaadatid daawo sanbab, dhakhtarkaagu wuxuu kuu sheegi doonaa daawooyinka ay tahay inaad joojiso qaadashadooda iyo mudada baaritaanka ka hor ee aad joojineysid.

Waqtiga Baaritaanka

- San qabte ayaa lagaaga dhejin doonaa sanku si markaas aad afka uga neefsatid.
- Waxaad neef ku jiidanaysaa oo aad haddana ka soo saaraysaa tuubo ku xiran makiinad.
- Waxaa laga yaabaa in lagaa codsado inaad:
 - ▶ Neef u jiidid sida ugu qotada dheer ee aad awooddid ka dibna aad hawo dibedda u soo afuufid sida ugu dhakhsaha badan ee aad awooddid.



- ▶ 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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- ▶ Si caadi ah u neefso ka dibna dib u jiido neef sida ugu weyn ee aad awooddid.
- Waxaa laga yaabaa in lagu siiyo daawo si aad u jiidid ka dibna baaritaanno dheeraad ah lagaaga qaado si loo arko saameynta daawada.
- Shaqaalaha u sheeg haddii aad u baahan tahay inaad nasato waqtiga baaritaanka.
- Sambal dhiig ayaa laga yaabaa in lagaaga qaado si loo cabbiro ogsijiinta dhiiggaaga ku jirta.

Baaritaanka ka Dib

- Waxaa laga yaabaa inaad dareento daal aadna nasasho u baahato.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga wuxuu kula socodsiin doonaa natiijooyinka.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac qabtid.

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