

# 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.

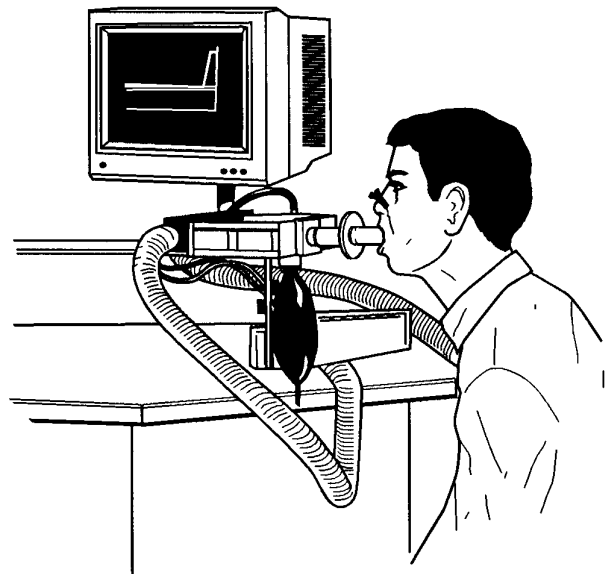
**Arrive on time for your test.** The test takes about 1 hour.

## 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 for 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.
- 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.



# Prueba de función la pulmonar (PFT)

La Prueba de la función pulmonar (PFT, por sus siglas en inglés) mide la cantidad de aire que entra y sale de los pulmones y cómo lo hace. La prueba mide cómo funcionan sus pulmones. Puede que se realice para detectar enfermedades pulmonares, cómo responde al tratamiento o cómo funcionan sus pulmones antes de una cirugía.

**Llegue puntualmente a su examen.** La prueba dura aproximadamente 1 hora.

## Preparación

- No fume durante al menos 4 a 6 horas antes de la prueba.
- Sólo ingiera una comida liviana antes de la prueba con el fin de que pueda hacer inhalaciones profundas durante la prueba.
- Si toma algún medicamento para los pulmones, su médico le indicará qué medicamentos debe dejar de tomar y por cuánto tiempo antes de la prueba.

## Durante la prueba

- Se le pondrá una pinza en la nariz para que respire por la boca.
- Inhalará y exhalará por un tubo conectado a una máquina.
- Puede que se le pida que:
  - inhale lo más profundo que pueda y luego expulse el aire lo más rápido que pueda;
  - respire normalmente y luego inhale tanto como pueda.
- Puede que se le administre un medicamento para inhalar y se le realicen más pruebas para observar los efectos de éste.
- Infórmele al personal si necesita descansar durante la prueba.
- Puede que se tome una muestra de sangre para medir el oxígeno presente en la sangre.

## **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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## **Después del examen**

- Puede que se sienta cansado y necesite descansar.
- Los resultados del examen se le envían a su médico, quien le informará sobre los resultados.

**Hable con su médico o enfermera si tiene alguna pregunta o duda.**

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