

## Lung and Sleep Disorder

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### **Pre-test Instructions:**

Your doctor has scheduled you for a PFT/Spirometry. This is a test where you will be performing various breathing maneuvers through a machine.

This test will help your doctor to better understand your lung function and help direct medical therapy.

Since the quality of the test depends on your effort, the technician will be encouraging you at the time to do your best.

The test takes approximately one hour for the PFT, 30minutes for the spirometry, so please wear comfortable clothing, and by all means, feel free to ask questions.

**\*Six-minute walk:** we need one clean fingernail with no polish, gel or acrylic nails.

### **Prior to the test:**

\*Do not take in halers, breathing treatments, caffeine 12 hours prior to testing, if possible.

\*No smoking 4 hours prior to testing.

\*Ladies, no lipstick please.

\*You need to eat a light meal 1-2 hours prior to the testing.

\*If you use oxygen, please continue to do so as your doctor has instructed you to do. If for any reason, you are unable to keep your appointment, please call to cancel as far in advance as possible. Thank you.

**Date:**

**Time:**