

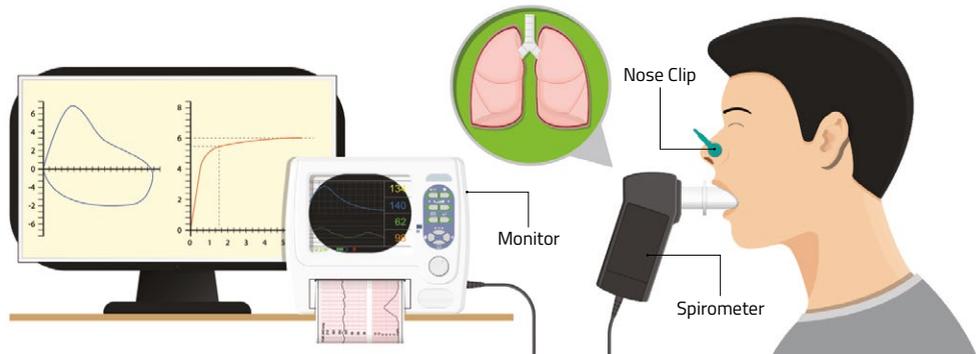
# PULMONARY FUNCTION TEST (PFT)



Restoring Rhythm of Life

## Pulmonary Function Test (PFT)

A Pulmonary Function Test (PFT) is a series of non-invasive tests that evaluate how well your lungs are functioning. These tests assess lung capacity, airflow, and gas exchange, offering essential insights into respiratory health and aiding in the diagnosis of various conditions. PFTs are safe and do not require any internal instruments.



## Why do I need a Pulmonary Function Test?

A Pulmonary Function Test (PFT) may be recommended for several reasons:



### Diagnose Respiratory Conditions

To help diagnose and monitor conditions such as:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Pulmonary Fibrosis
- Pulmonary Hypertension



### Monitor Lung Health

To assess the current state of your lung function, especially if you have a history of respiratory issues or are at risk for lung disease.



### Evaluate Treatment Effectiveness

To monitor how well your lungs are responding to ongoing treatments or medications.



### Pre-surgical Assessment

To evaluate lung function before undergoing surgery, especially for procedures that may affect breathing.



### Detect Early Changes

To identify any early changes in lung function before symptoms become noticeable.



### Workplace Exposure

If you work in an environment with potential respiratory hazards, a PFT can help monitor lung health.

## How do I prepare for PFT?



Avoid eating a large meal for at least two hours before the test.



Your provider will specify the duration of restrictions and may advise you to avoid certain activities, foods, and drinks, including:

- Heavy exercise
- Smoking
- Alcohol consumption
- Caffeinated products



If you use inhalers, your provider may advise you to temporarily stop using them before the test. Always consult your provider before discontinuing any medication.



If you wear dentures, you can keep them in place during the test.



## How long does a PFT test take?

- The Pulmonary Function Test (PFT) typically takes between 15 to 45 minutes to complete.
- If you feel tired during the test, let your healthcare provider know. You can take breaks between different parts of the test.

## What to expect during a PFT?

- Your healthcare provider will place soft clips on your nose to ensure you breathe through your mouth during the test.
- You will place your lips around a mouthpiece connected to a spirometer and follow the provider's breathing instructions.
- The test may involve taking deep breaths in and out, followed by blowing out as hard and fast as you can.

## What are the risks?

PFTs are generally very safe and painless. However, it requires physical effort to forcefully breathe in into the mouthpiece, hence it is normal to experience lightheaded, fatigue, dizziness, faint, shaky and cough for a moment after the test. These should go away within minutes. Let your healthcare provider know if you need a break.

## Your result/report

After completing the test, your healthcare provider will compare your results against typical scores for your age, height, and sex. A normal range is expected for each demographic.

## Operating Hours

Monday - Friday | 8:30am to 5:00pm  
 Saturday | 8:30am to 1:00pm  
 Sunday and Public Holidays | Closed



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