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*BEFORE THE TEST*

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Preparing for pulmonary function testing is pretty easy:

1. Avoid eating a heavy meal for 4 to 6 hours before the test.
2. It is very important to avoid smoking at any time; however, if you do smoke, avoid smoking or exercising 4 hours before the test.
3. Check with your healthcare provider first, but try not to take any medication for 4 or more hours before your test.
4. Wear loose-fitting clothing, so breathing will be as easy as possible.
5. If you wear dentures, keep them in so you can get a tight seal around the rubber mouthpiece.

During the testing you may feel lightheaded from breathing in and out so rapidly. Your healthcare provider will let you rest in between tests. If you have any trouble breathing while trying to complete a test, let your healthcare provider know immediately, and the test will be stopped. Your healthcare provider will either go over the test results right away, or will contact you later.

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*During the Test*

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There are usually three parts to a pulmonary function test.

1. Spirometry (spirogram)
2. Lung volume testing
3. Diffusion capacity

Your healthcare provider will obtain different kinds of information from each part of the test.