

Dept. Of Medicine – Pulmonary Dept.  
Building Two North – First Floor  
270 International Circle  
San Jose, CA 95119  
Phone: (408) 972-6560

At your doctor’s request, you have been scheduled for a **Pulmonary Function Test**.

REGISTRATION LOCATION: Building 2 North – First Floor –  
270 International Circle, San Jose

- INSTRUCTIONS:
1. If you are not feeling well on the day of the test, please call us and we will determine if you need another appointment.
  2. If the appointment day listed is not the best time for you, please call (408) 972-6560 to reschedule.
  3. Women – no lipstick please.

DAY OF TEST: **4 hours prior to test, please do not have any caffeine (no coffee, tea, chocolate, sodas, etc); no cigarettes and no breathing inhalers. If you use Serevent or Advair, please do not use either of these 12 hours prior to pulmonary test.**

The test will take approximately one hour.

## **YOUR DOCTOR HAS REQUESTED PULMONARY FUNCTION TESTS**

This brief guide will help you understand how these tests are performed and why they are obtained.

**WHAT ARE PULMONARY FUNCTION TESTS?** - Pulmonary function tests are a series of exercises designed to tell your doctor about the function of your lungs.

**HOW WILL PULMONARY FUNCTION TESTS HELP ME?** - They will help your doctor to diagnose lung problems (like asthma or emphysema). They will also help him/her to plan your treatment and to evaluate the effectiveness of your treatment.

**ARE THEY PAINFUL?** - Most tests are simply measurements of breathing capacity. They require that you breathe through a tube and perform various maneuvers such as rapid breathing, breath holding and relaxed breathing. This is occasionally tiring but not usually painful.

**ARE BLOOD SAMPLES TAKEN?** - If your doctor requests blood gases, a blood sample will be taken. This is a measurement of oxygen and carbon dioxide in the blood. This is slightly painful (similar to an ordinary blood test).

**HOW LONG DO THESE TESTS TAKE?** - A screening test may take 45 minutes to 1 hour. A complete pulmonary function test will take 1 hour.

**IS ANY PREPARATION NECESSARY?** - If you are a hospital patient, the hospital staff will help you to prepare for your testing. If you are coming from home, follow the instructions below:

- 1) Do not smoke for about 4 hours before the test.
- 2) Wear loose clothing so that you can breathe comfortably.
- 3) Do not eat a big meal before the test.
- 4) Discontinue inhaled medications 4 hours prior to test.

**IS THERE ANYTHING ELSE I SHOULD KNOW?** - These tests will be of great value in evaluating the health of your lungs. Your total concentration and maximum effort are essential to obtain useful tests. Always feel free to ask questions. The technician and physician will be happy to explain the tests further should you desire.