



Patient Instructions for Pulmonary Function Testing

What is a Pulmonary Function Test?

A pulmonary function test, PFT for short, is a non-invasive diagnostic test that provide measurable feedback about the function of the lungs. By assessing lung volumes, capacities, rates of flow, and gas exchange, PFTs provide information that, when evaluated by your doctor, can help diagnosis certain lung disorders.

Reasons a Patient is Often Referred for a PFT:

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| <input type="checkbox"/> Asthma | <input type="checkbox"/> Sleep Apnea |
| <input type="checkbox"/> COPD | <input type="checkbox"/> Sarcoidosis |
| <input type="checkbox"/> Interstitial Lung Disease | <input type="checkbox"/> Bronchiectasis |
| <input type="checkbox"/> Occupational Lung Disease | <input type="checkbox"/> Alpha 1-Antitrypsin |
| <input type="checkbox"/> Chronic Cough | <input type="checkbox"/> Shortness of Breath |

Need to Know

- The test is completely painless and does not involve an exercise component. However, you are required to put in an effort in terms of different breathing techniques required for testing. You will be guided by a Respiratory Therapist/Educator and your appointment will last 30-60 minutes, depending on the test.
- Peak Pulmonary Function Laboratories will call you to schedule an appointment time and location that is convenient for you.
- *Please arrive at least 15 minutes before your appointment time in order to fill out a respiratory questionnaire.*
- Please do not smoke prior to your appointment.

If you are on a Puffer/Inhaler:

- Please bring all your puffers/inhalers whether you are currently using them or not.
- If you are able, DO NOT use your blue rescue inhaler (Ventolin, Salbutamol, Airomir, Apo-Salvent or Bricanyl) at least 24 hours prior to your appointment.
- If you are able, DO NOT use Advair, Symbicort, Zenhale or Breo for at least 24 hours prior to your appointment.
- If you are able, DO NOT use Spiriva, Seebri, Tudorza, Incruse, Inspiolto, Ultibro, Duaklir or Anoro for 24 hours prior to your appointment.

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| Appointment Date/Time: | Location: |
|------------------------|-----------|

For location maps and directions please refer to the back of this information sheet.

If you are unable to keep your appointment, please call our office at 1-855-738-PEAK (7325) as soon as possible. Peak requires at least 48 hours cancellation notice. There is no charge to you, the patient, for this test, as these service are covered under the Alberta Health and Wellness Program.

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| Peak Crowfoot NW | 31 Crowfoot Way NW, Calgary, AB T3G 2L4 <i>*Located inside the Pinnacle Medical Centre at Coop Crowfoot</i> |
| Peak Village Square NE | 2520 52 nd Street NE, Calgary, AB T1Y 3R5 <i>*Located inside the Village Square Coop</i> |
| Peak Shawnessy SE | #100, 250 Shawville Boulevard SE, Calgary, AB T2Y 2Z7 <i>*Located inside the Pinnacle Medical Centre at Coop Shawnessy</i> |
| Peak Lincoln Park SW | Suite #103 49 Richard Way SW, Calgary, AB T3E 7M8 <i>*Located just off Glenmore Trail, east of Richard Road, across the street from Tim Horton's</i> |
| Peak Strathmore | #120 Edgefield Place, Strathmore, AB T1P 0E8 <i>*Located inside the Pinnacle Medical Centre at Strathmore Crowfoot</i> |
| Peak Okotoks | #1031 200 Southridge Drive, Okotoks, AB T1S 0B2 |