



## 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, Inspirolo, Ultibro, Duaklir or Anoro for 24 hours prior to your appointment.

Appointment Date/Time:	Location:
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*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.**

# PEAK MEDICAL GROUP



PEAK SLEEP CLINIC



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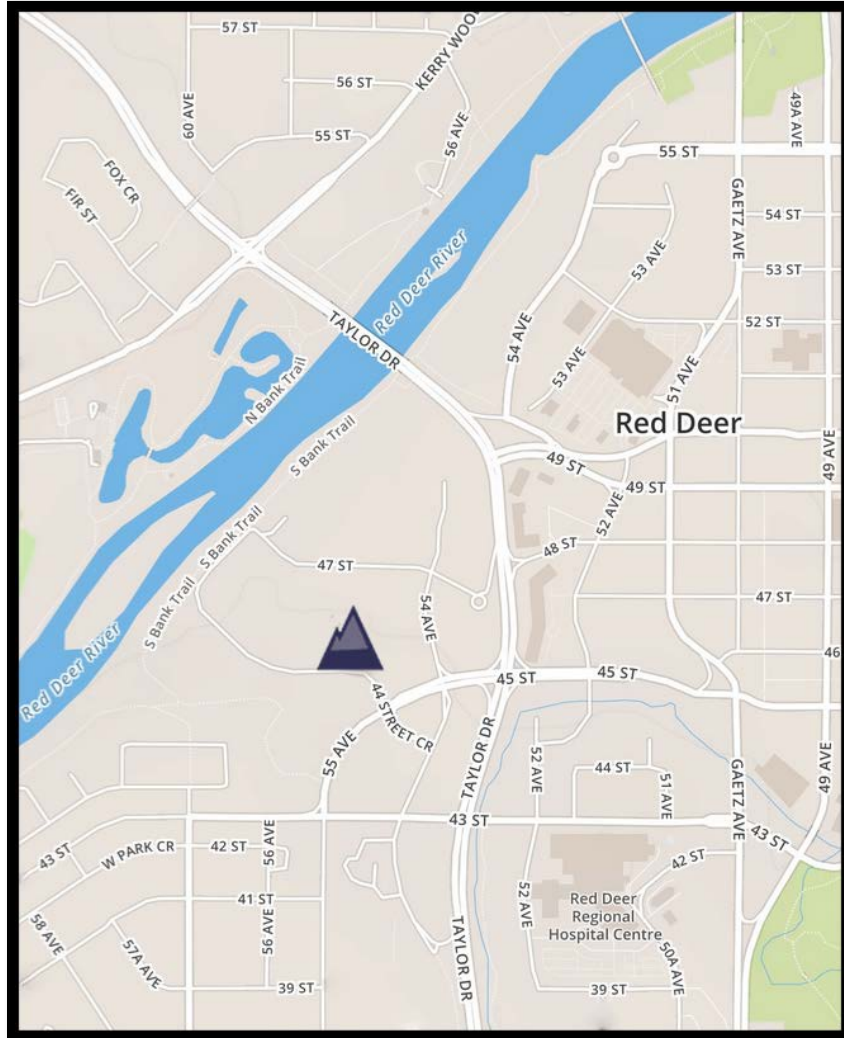
PEAK MEDICAL  
SPECIALTY CENTRES



PEAK RESEARCH  
GROUP



PEAK OXYGEN



**Peak Red Deer**

#200, 5440 45th Street, T4N 1L1 near the south entrance of the Cronquist Business Park and right next to the temporary AHS parking lot.