



Porter Medical Associates

Spirometry (PFT)

Spirometry (meaning *the measuring of breath*) is the most common of the [pulmonary function tests](#) (PFTs), measuring [lung](#) function, specifically the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled

-Before your PFT.

No special preparations are needed. You may eat and go about your normal activities. *Please wear comfortable loose fitting clothes.*

-How is the PFT done?

You will be asked to take the deepest breath you can, and then exhale into the sensor as hard as possible, for as long as possible, preferably at least 6 seconds. The tech will have you repeat the action until you have 3 accepted results for comparison. The test will take about 20 minutes.

-Why is the PFT done?

Spirometry is an important tool used for generating pneumotachographs, which are helpful in assessing conditions such as [asthma](#), [pulmonary fibrosis](#), [cystic fibrosis](#), and [COPD](#).

-After your PFT.

You may return to your normal activities after the test.

-Does it hurt?

Because pulmonary function testing is not an invasive procedure, it is safe and quick for most people.

-When will you have your test results?

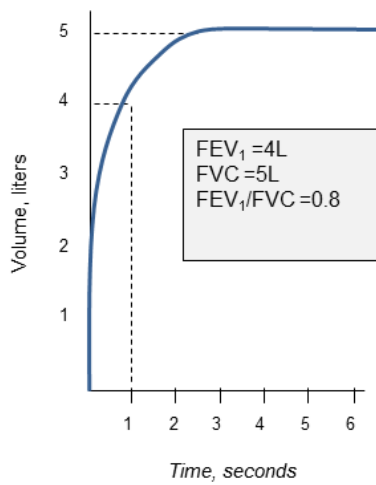
Your physician will discuss the test results with you at your next scheduled office visit. The information gained from the test helps your physician make an accurate diagnosis and develop a treatment plan that's best for you.



Porter Medical Associates



Healthy patient



Patient with obstructive lung disease

