PEAK MEDICAL GROUP

PEAK SLEEP CLINIC | PEAK PULMONARY FUNCTION LABORATORIES | PEAK MEDICAL SPECIALTY CENTRES | PEAK RESEARCH GROUP | PEAK OXYGEN | PEAK OCCUPATIONAL HEALTH

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 provides 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 diagnose certain lung disorders.

Reasons a Patient is Often Referred for a PFT:

- ☐ Asthma
- ☐ COPD
- ☐ Interstitial Lung Disease
- ☐ Occupational Lung Disease
- ☐ Chronic Cough
- ☐ Sleep Apnea
- ☐ Sarcoidosis
- ☐ Bronchiectasis
- ☐ Shortness of Breath
- ☐ Wheezing/Chest Tightness

Need to Know

The test is completely painless and does not involve an exercise component. However, this is an effort dependent test. You are required to put in 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 or vape for at least 1 hour prior to your appointment.**
- **Please do not drink alcohol for at least 8 hours prior to your appointment.**
- **Do not perform vigorous exercise within 1 hour prior to your appointment.**
- **Do not wear tight / restrictive clothing that could make it difficult or uncomfortable taking a deep breath in or blow out.**
- **Do wear comfortable shoes that you can walk in for 2 minutes.**
- **If you have had any surgeries/medical procedures in the past 3 months, please contact our office and speak to our administrative staff.**

If you are on an Inhaler/Puffer:

- Please bring all your inhalers/puffers whether you are currently using them or not.
- If you are able, DO NOT use inhaler(s) within the timelines below.
- If you are concerned that you cannot stop your inhalers safely, please contact our office to discuss.

Inhaler/Puffer Name:	Withholding Time:
Ventolin, albuterol, salbutamol, Airomir, Apo-Salvent, Bricanyl	4 hours
Atrovent, Combivent	12 hours
Symbicort, Advair, Zenhale, Wixela, Serevent, Foradil, Oxeze	24 hours
Onbrez, Breo, Atectura	36 hours
Spiriva, Inspiolto, Anoro, Ultibro, Duaklir, Tudorza, Seebri, Incruse, Trelegy, Enerzair, Breztri	48 hours

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 1-833-738-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 services are covered under the Alberta Health and Wellness Program.

Peak Crowfoot NW
31 Crowfoot Way NW
Calgary, AB, T3G 2L4
**Located inside the Pinnacle Medical Centre next to Coop Crowfoot Grocery Store.*

Peak Airways NE
#7, 2020 35 Ave NE
Calgary, AB, T2E 6W4
**Located in the Airways Industrial Park, just off 19th Street & 35th Ave NE.*

Peak Shawnessy SE
#100, 250 Shawville Blvd SE
Calgary, AB, T2Y 2Z7
**Located within the Pinnacle Medical Centre inside Coop Shawnessy Grocery Store.*

Peak Lincoln Park SW
#103 49 Richard Way SW
Calgary, AB, T3E 7M8
**Located just off Glenmore Trail, east of Richard Road, across the street from Tim Horton's.*

Peak Trinity SW
909 Na'a Drive SW,
Calgary, AB, T3H 6A4
**Located off Sarcee Trail inside Pinnacle Medical Centre.*

Peak Okotoks
#1031 200 Southridge Drive
Okotoks, AB, T1S 0B2
**Located off Westmount Rd inside Pinnacle Medical Centre at Westmount*