

FULL PULMONARY FUNCTION TEST (PFT)

Your test explained...

WHAT IS IT?

A series of breathing tests, performed seated with a nose clip on.

Spirometry - This test gives us an idea of how clear your airways are. You will be asked to breathe normally into a mouthpiece and instructed to take a deep breath in and then to blow out either a relaxed blow or as fast as possible and try and keep blowing until your lungs are empty. This will be performed a *minimum* of three times each, but you will be given adequate rest between each blow.

Gas transfer measurement - This test tells us how efficient the lungs are at exchanging gases. You will be asked to breathe in and out normally through a mouthpiece, following a sequence of breaths with a breath hold in the middle. This test will be performed a minimum of two times, with a rest between each test.

Lung Volumes Measurement - This test measures the total size of your lungs and how the air is distributed through the lungs. There are several different techniques employed that may be used to measure your lung volumes you may be asked to breathe normally in and out of lung function equipment for typically between 2 – 5 minutes, or you may be seated within a special box/cubicle with the door closed and to breathe in and out through a mouthpiece. A shutter is activated for a very short period of time while measurements are made. This is typically repeated 3-5 times.

The results will be made available the same day to your referrer.

WHY PFT?

This can be done for many reasons, including:

- Measure the lungs ability to transfer oxygen into our blood stream and remove carbon dioxide
- Measure the volumes, flows and capacities within our lungs
- Assess how medications might help with our breathing
- To assess how well our bodies will cope if we must have a general anaesthetic for a major operation



WHAT ARE THE PRE-TEST REQUIREMENTS FOR THE TEST?

- Avoid smoking on the day of the test
- Not to consume alcohol for at least 4 hours prior to the test
- Avoid vigorous exercise for at least 30 min prior to the test
- Avoid wearing clothing which substantially restricts full chest and abdominal expansion
- Refrain from eating a substantial meal for at least 2 hours prior to the test.

Please contact the department if you have any of the following:

- Surgery, stroke/TIA, collapsed lung, blood clot in your lung within the last 6 weeks
- Heart attack or unstable angina pain in the last 2 weeks
- Coughing up of blood in the last 48 hours
- Current chest infection, active TB or large aneurysm at present

For more information please visit: (QR)



or contact the department on 02921 825421



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University Health Board



Lung Function
& Sleep Apnoea
Department

PRAWF SWYDDOGAETH LLAWN YR YSGYFAINT

Esboniad o'ch prawf...

BETH YDYW?

Cyfes o brofion anadlu, wedi'u perfformio ar eich eistedd gyda chlip ar y trwyn.

Spirometreg - Mae'r prawf hwn yn rhoi syniad i ni o ba mor glir yw eich llwybrau anadlu. Gofynnir i chi anadlu'n normal i mewn i ddarn ceg a gofynnir i chi gymryd anadl ddwfn i mewn ac yna chwythu allan naill ai yn ysgafn neu mor gyflym â phosibl a cheisio cadw chwythu nes bod eich ysgyfaint yn wag. Bydd hyn yn cael ei berfformio o leiaf dair gwaith, ond byddwch yn cael gorffwys rhwng bob tro.

Mesur trosglwyddo nwy - Mae'r prawf hwn yn dweud wrthym pa mor effeithlon yw'r ysgyfaint wrth gyfnewid nwyon. Gofynnir i chi anadlu i mewn ac allan yn normal trwy ddarn ceg, yn dilyn cyfes o anadliadau a bydd angen dal anadl yn y canol. Bydd y prawf hwn yn cael ei berfformio o leiaf ddwy waith, a bydd cyfle i orffwys rhwng bob prawf.

Mesur Maint yr Ysgyfaint - Mae'r prawf hwn yn mesur cyfanswm maint eich ysgyfaint a sut mae'r aer yn cael ei ddsbarthu trwy'r ysgyfaint. Mae sawl techneg wahanol y gellir eu defnyddio i fesur maint eich ysgyfaint ac efallai y gofynnir i chi anadlu yn normal i mewn ac allan o offer gweithrediad yr ysgyfaint am rhwng 2 - 5 munud fel arfer, neu efallai y byddwch yn eistedd o fewn blwch/ciwbicl arbennig gyda'r drws ar gau a bydd gofyn i chi anadlu i mewn ac allan trwy ddarn ceg. Mae caead yn cael ei actifadu am gyfnod byr iawn tra bod mesuriadau yn cael eu gwneud. Mae hyn fel arfer yn cael ei ailadrodd 3-5 gwaith. Bydd y canlyniadau ar gael yr un diwrnod i'ch atgyfeiriwr.

I gael rhagor o wybodaeth, ewch i:

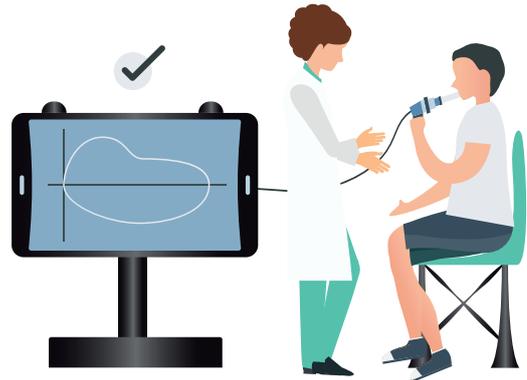
Cysylltwch â'r adran ar 02921 825 421.



PAM PFT?

Gellir gwneud hyn am lawer o resymau, gan gynnwys:

- Mesur gallu'r ysgyfaint i drosglwyddo ocsigen i'n llif gwaed a chael gwared ar garbon deuocsid
- Mesur maint, llif a capasiti o fewn ein hysgyfaint
- Asesu sut y gallai meddyginiaethau helpu gyda'n hanadlu
- Asesu pa mor dda y bydd ein cyrff yn ymdopi os oes rhaid inni gael anestheteg cyffredinol ar gyfer llawdriniaeth fawr



BETH YW'R GOFYNIION CYN Y PRAWF??

- Dylech osgoi ysmygu ar ddiwrnod y prawf
- Peidiwch ag yfed alcohol am o leiaf 4 awr cyn y prawf
- Dylech osgoi gwneud ymarfer corff egniol am o leiaf 30 munud cyn y prawf
- Dylech osgoi gwisgo dillad sy'n cyfyngu'n sylweddol ar ehangiad llawn y frest a'r abdomen
- Peidiwch â bwyta pryd o fwyd sylweddol am o leiaf 2 awr cyn y prawf.

Cysylltwch â'r adran os ydych wedi cael unrhyw un o'r canlynol:

- Llawdriniaeth, strôc/TIA, ysgyfaint wedi cwmpo, clot gwaed yn eich ysgyfaint o fewn y 6 wythnos diwethaf
- Trawiad ar y galon neu boen angina ansefydlog yn ystod y pythefnos diwethaf
- Pesychu gwaed yn ystod y 48 awr ddiwethaf
- Haint presennol ar y frest, TB actif neu anewrysm mawr ar hyn o bryd



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Swyddogaeth yr Ysgyfaint
ac Adran Apnoea Cwsg