

Pulmonary Function Test Preparation Guidelines

Dear [Patient's Name],

We are writing to provide you with important information regarding your upcoming pulmonary function test (PFT). To ensure accurate results, please follow the preparation guidelines below:

Pre-Test Instructions:

- Avoid eating a heavy meal at least 2 hours before the test.
- Do not smoke for at least 24 hours prior to the test.
- Avoid caffeine intake (coffee, tea, soda) for at least 4 hours before the test.
- If you are currently taking any bronchodilator medications, please consult with your physician about whether to hold these medications before the test.
- Wear loose-fitting clothing to facilitate easy breathing.
- Arrive at least 15 minutes early to complete any necessary paperwork.

Day of the Test:

On the day of the test, please bring the following:

- Your insurance information.
- Any relevant medical records or previous test results.
- A list of medications you are currently taking.

If you have any questions or concerns, please do not hesitate to contact our office at [Phone Number] or [Email Address].

Thank you for your cooperation. We look forward to seeing you soon.

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Hospital Name]