

Pulmonary diffusion capacity test

The purpose of the examination is to measure lung function.

The actual examination takes approximately 30 – 45 minutes.

Before examination

Before the study, you must be:

- **4 hours** without coffee, tea, cola drinks and energy drinks
- **4 hours** without heavy meals
- **2 hours** without smoking
- **1 day** without alcohol

You can have a light meal.

Avoid heavy physical activity for 2 hours before the examination.

Take your medication according to your doctor's instructions. Bring your prescriptions or a list of your medications with you to the test.

Examination

In the test, you will calmly breathe in and/or exhale hard into a mouthpiece. Exhaling into the mouthpiece may feel slightly strenuous.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment, or if you fall ill with a respiratory infection (e.g. the flu) or some other acute illness. The examination cannot be performed until about two weeks after you have recovered from the respiratory tract infection.

You will not be charged for the examination. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.