

## How To Prepare For The Test?

On the day of the test your child should have:

1. NO symptoms of cough or cold.
2. At least one parent or guardian with them. A second pair of hands is best.
3. NO SOLID FOOD 8 hours before the study time. They may have milk or formula 6 hours before, breast milk 4 hours before, and thin liquids or water up to 2 hours before the study time.
4. NO NAPS on the morning of the test so that your child will sleep during the test.
5. NO BRONCHODILATOR like Ventolin® (blue puffer or liquid) on the day of the test.
6. Something to eat or drink after the test is finished and your child wakes up.



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INFORMATION FOR  
PARENTS

CHILD STUDY

INFANT LUNG  
FUNCTION TESTING

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## What Is Infant Lung Function Testing?

This is a special test that gives information about the size of your child's lungs and how well they are working. It is also called an Infant Pulmonary Function Test or Infant PFT.

## What Is Done During The Test?

The study happens while your child is asleep during nap time. Most children will need a medication given by mouth to help them completely relax for the test. This is like giving your child Benadryl or Gravol. It takes approximately 20 minutes for the medication to take full effect. Once your child is asleep he/she will be placed in a special bed. Here the testing will begin. Highly trained testing personnel will be with your child watching their heart beat, breathing, and blood oxygen levels at all times.

To do the test we do not use any needles, or put any tubes in the mouth. Your child will be breathing completely on their own. They sleep wearing a mask over the nose and mouth. The face mask allows them to breathe fresh air. He/She will also wear a special vest around the chest. After your child takes a few deep breaths, this vest will give your child a hug. This helps them to fully exhale and allows us to see how well the lungs are working. The pressure of the hug will feel like swimming under water. It does not hurt your child. During

this part of the test the machine is a bit noisy but it does not waken your child.

During the study your child may be given a medication called a bronchodilator like Ventolin®. In some children, this may help them breathe better. After the medication is given the test will be repeated. This can help with a treatment plan.

## What Happens After The Test?

Your child will wake up at the end of the test on their own or by gently moving them. They will be sleepy and possibly dizzy being unable to walk on their own. They will need to have their head and neck supported. Once your child is fully awake he/she is able to eat and drink. You will be able go home shortly afterwards but your child may be tired for a few hours. A pamphlet will be given to you with information on how to care for your child at home. Your child may take a longer nap later in the day, but by the next day should be back to normal.

## How Long Is The Test?

A visit to the infant PFT lab is about 2 ½ - 3 hours total in length.

## How Is The Test Useful?

The information from this test can:

1. Show the size of your child's lungs and how well they are working.
2. Look at the growth and development of the lungs.
3. Help with a treatment plan.
4. See how a child with disease compares to a healthy child without lung problems.
5. Find out how much the lung has been affected by a condition.
6. See if a treatment like Ventolin® makes a difference.