

Diffusing capacity of the lungs

Why is this test done?

We test the diffusing capacity of your lungs to find out how well they transfer the gases you inhale to the blood that flows through them. You will inhale a test gas during the test to help us measure your lung tissue's ability to perform this function.

The test will not be done if you recovered from a respiratory infection (such as a cold) less than two weeks ago.

The test will not be done if you are pregnant.

How should I prepare for the test?

For the measurements to be reliable, please refrain from the following before the test:

- tobacco, snus, e-cigarette and other tobacco products for at least **two hours**
- strenuous physical activity for **two hours**
- coffee, tea, cola, and other stimulating drinks for at least **four hours**. You should avoid eating a heavy meal, but there is no need to fast.
- alcohol for at least **24 hours**

Bring a list of medications that you are currently using. The doctor/unit that referred you will provide medication instructions (about any medicines you should pause, for example).

How is this test done?

We will start the test by measuring your height and weight. Then you will be seated in an upright position. Your nostrils will be closed with a nose clip. You will be instructed to breathe and to blow through a mouthpiece several times. We may take a blood sample from your fingertip to measure your haemoglobin level. If you are a smoker, we will also measure how much carbon monoxide you exhale.

How long will the test last?

The test takes about 30 minutes.

Where can I get the test results?

The ward or clinic that is treating you will tell you about the test results.

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