NATIONWIDE CHILDREN'S HOSPITAL℠

700 Children's Drive
Columbus, Ohio 43205-2696
nationwidechildrens.org

HELPING HAND™

INFANT PULMONARY FUNCTION TESTING - OUTPATIENT

Pulmonary Function Tests (IPFT's) are used to find out how much the breathing is impaired in children with lung disease. IPFT's are often done in patients with cystic fibrosis, bronchitis, asthma, or other lung problems.

The tests take 1 to 3 hours to complete. IPFT's are done while the child is sleeping with the help of mild sedation.

Most of the time a medicine called chloral hydrate is given by mouth. It is used to reduce anxiety and produce sedation (a sleep-like state). As with any medicine there is a risk of side effects. Chloral hydrate can cause both excitement and nausea. To decrease the chance of side effects, we will weigh your child before the testing to be sure that a proper dose of the drug is given.

APPOINTMENT:
Your child is scheduled for IPFT/HRCT on (date)_____ at (time) _____

You may enter the hospital wherever it is convenient for parking.

❒ Please register in the Admitting Office off the main hospital lobby.

❒ Register in the Pulmonary Clinic, 5th Floor of the Outpatient Care Center.

Maps to the hospital are available at www.NationwideChildrens.com.

Other types of sedation, including medicines given by IV, may be used if chloral hydrate is not the best option for your child.

Most of the time an IPFT will be scheduled along with a High Resolution Computerized Tomography (HRCT) scan. The HRCT is a special, very detailed x-ray that is used to help diagnose lung problems. It will be done while the child is still asleep.

IMPORTANT

Before the test it is **very important** that your child does not have a cold or "stuffed up nose" (nasal congestion). If your child develops a cold or congestion during the week before the scheduled test, please call the Infant Pulmonary Lab at (614) 722-4896.

HOW TO PREPARE FOR THE TESTS

The success of the tests depends greatly on how your child is prepared beforehand. The medications alone will not make your child sleep soundly enough to do the tests without stirring. The tests are not painful, but may be annoying to a wakeful child. The child must be sleep-deprived and kept awake for 3 to 4 hours before the test. It is important to keep your child from napping on the way to the hospital. A child's sleep is much different than an adult's. Five minutes of sleep for a child is like an hour for an adult, so please keep your child awake.

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THE NIGHT BEFORE THE TESTS

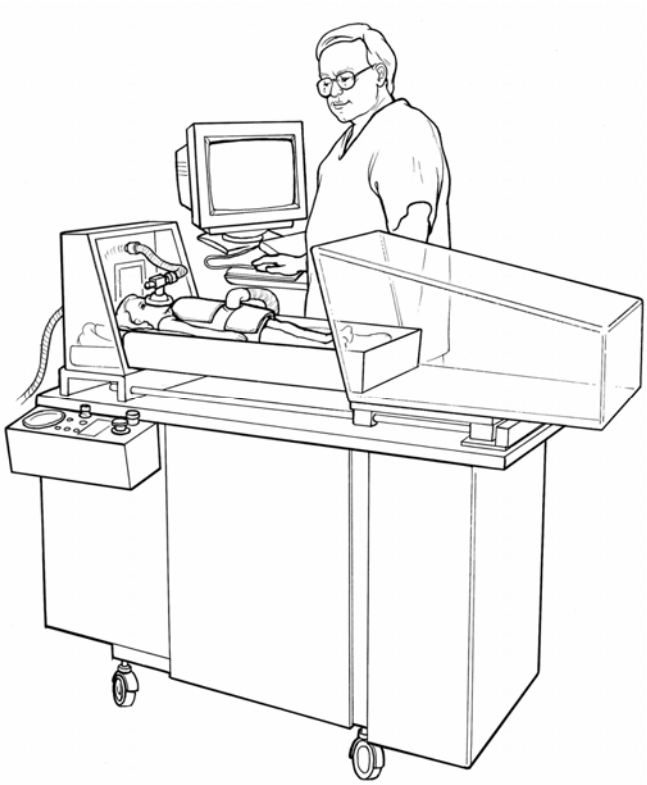
The night before the tests, keep your child up later than normal.

THE DAY OF THE TESTS

1. Wake up your child 4 hours before your scheduled time for arrival at the hospital.
2. No food, milk or thickened feeds after _____.
3. No formula after _____.
4. No breast milk after _____.
5. Only clear liquids (water, Pedialyte, 7-Up, or clear apple juice) starting at _____
6. Nothing by mouth after _____.
7. Please keep your child awake until he or she is sedated.
8. Dress your child in clothes that have **no metal snaps on the chest, back, or shoulders**. (Snaps on the bottom are okay.)
9. **Bring your child's usual food, formula, or a snack for afterwards. If your child is a cystic fibrosis patient, please bring enzymes.**

AFTER THE TESTS

- After the tests your child will be sleepy and wobbly. Be cautious while holding your child. **Do not let your child walk or crawl for 3 to 4 hours after you leave the hospital *unless you are watching him or her very closely.***
- You will stay in the department for an average of 30 to 60 minutes after the test. This time varies with each child.



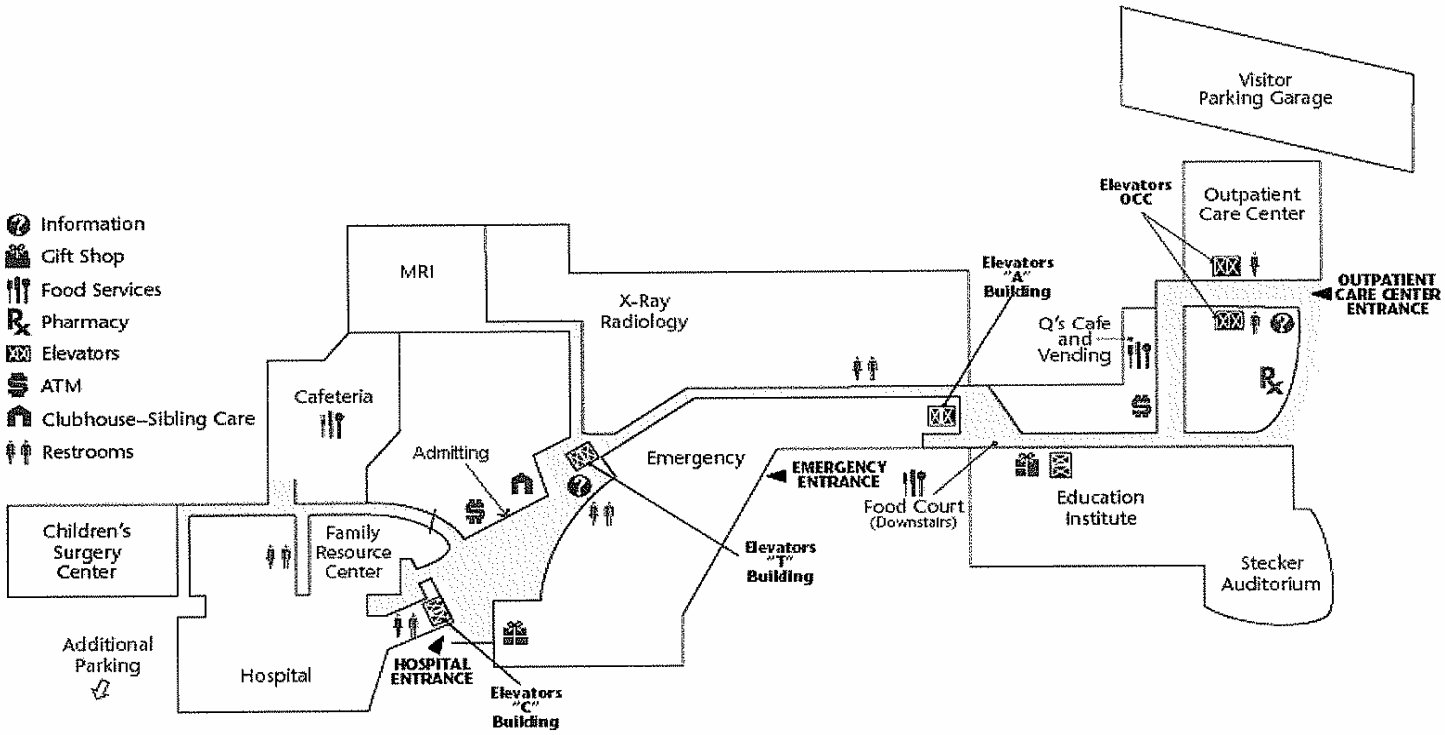
Picture 1 Having a Pulmonary Function Test.

CARE AT HOME

- Your child may eat when he or she is **fully awake**. Do not force him to eat. This can cause choking and vomiting. Your child may have his usual foods.
- Your child may be sleepy for 4 to 6 hours after the test and will have trouble keeping his balance.
- **Do not let your child walk or crawl without supervision.**
- Your child may be irritable or restless today. He or she should be acting normally within 24 hours. If your child is not acting normally, has any problems, or if you have questions, please call us at (614) 722-4896. During the evening call the Nationwide Children's Hospital operator at (614) 722-2000 and ask them to page the pulmonary doctor on call.

Medication given: _____

Time: _____ Date: _____



Picture 2 Map of the Nationwide Children's Hospital Campus.