

Dear Recipient,

The quality of care that you receive is very important to us, and we are currently working to improve how asthma is managed. The first step toward improving the quality of asthma care is to ensure that all patients with suspected asthma have the proper tests performed. The best way to diagnose and confirm asthma is to have a pulmonary function test (PFT).

According to our records, you have been identified as possibly having asthma; our records indicate that you have never had a PFT done, or that you have not had this test done in the past year. We would like to arrange a PFT for you at our hospital. If the results of your PFT are normal, we might arrange for a further test called a methacholine challenge, in which you breathe a bit of medication to let us know how twitchy your airways are. This test is also done at our hospital, on a later date, and the technician will discuss and explain the test to you before booking it.

The PFT is a quick, simple breathing test that measures how much air you can blow out of your lungs. For this test, you will be asked to blow hard and long through a tube attached to a small machine. The machine will show how many litres of air you can push out of your lungs and how fast. The methacholine challenge test is the same thing but with the addition of the medication. Both tests are covered by the provincial health plan.

Remember the following when you go for your PFT:

- Do NOT take Ventolin (salbutamol) or Atrovent (ipratropium bromide) 24 hours before the test.
- Do NOT have caffeine on the day of test.
- Do NOT smoke 4 hours before the test.

For more information on asthma, visit www.lung.ca/diseases-maladies/asthma-asthme_e.php.

The Pulmonary Function Laboratory at the hospital will be calling you to set up the appointment. If you do not hear from a staff member at the laboratory within 6 weeks, please call the laboratory to book your PFT at 416-xxx-xxxx.

Keeping you healthy is important to us, and we want to make sure that this condition is properly diagnosed and managed; making sure that your PFT is accurate and up to date will help to ensure this. We appreciate the opportunity to work with you to prevent illnesses and to enhance your health.

Sincerely,

Your Asthma Care Team