

IMPORTANT INFORMATION

Patient Preparation for Pulmonary Function Testing

Pulmonary function testing should **not** be performed within 2 weeks of a chest infection (e.g. flu, bronchitis) or within 6 weeks of a heart attack or stroke. If you have suffered from any of these within this time you should reschedule your appointment.

***** Only withhold medication if your condition & symptoms allow *****

Pulmonary Function Testing (Flow Volume Loop, Diffusing Capacity, Lung Volumes) Prior to your appointment refrain from:

- 1 hour before – do not smoke or perform vigorous exercise
- 2 hours before – eat a large meal
- 4 hours before – do not consume alcohol or caffeinated drinks
- Do not wearing restrictive clothing to your appointment

Withhold medication:

- 4 hours before – do not take relievers such as Ventolin, Bricanyl, Atrovent, Asmol or Airomir
- 12 hours before – do not take long acting bronchodilator such as Foradil, Spiriva, Seretide, Flutiform, Symbicort , Oxis, Breo Ellipta, Onbrez or Serevent

Asthma Challenge Testing

On the day of your appointment refrain from:

- Caffeine (coffee, energy drinks, cola or chocolate), do not smoke or perform vigorous exercise.

Withhold medication:

- 8 hours before - Ventolin, Bricanyl, Asmol, Airomir, Intal, Tilade
- 12 hours before - Pulmicort, Flixotide, Atrovent, QVar, Becloforte, Becotide, Alvesco
- 24 hours before - Seretide, Flutiform, Symbicort, Serevent, Oxis, Breo Ellipta, Onbrez, Nuelin, Foradile
- 72 hours before - Spiriva, Seebri, Ultibro, Bretaris Genuair, Zyrtec, Telfast, Claratyne
- 4 days before – Singulair

Allergy Evaluation

Withhold medication:

- 72 hours before avoid taking any form of antihistamines (e.g. Zyrtec, Telfast or Claratyne)

Exhaled Nitric Oxide

1 hour prior to your appointment refrain from:

- Smoking, alcohol, vigorous exercise & eating nitrate-rich foods (e.g. lettuce)

4 hours prior to your appointment refrain from:

- Consuming caffeine (coffee, energy drinks, cola or chocolate)