Pulmonary Function Lab TEST PREPARATION

Please bring your health card and hospital card to your appointment.

Complete Pulmonary Function Study:
- Take medication as prescribed unless instructed otherwise.
- Inform the technologist what medications you are taking prior to the test.
- 45 minute duration

Bronchial Challenge (Methacholine):
- If you are using any of the medications in the chart below please avoid using them for the period indicated. If you must use the medication within the period before the test, call your doctor's office as your test may have to be rescheduled.
- 45 minute duration

<table>
<thead>
<tr>
<th>MEDICATIONS</th>
<th>RECOMMENDED WITHHOLDING TIME</th>
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<tbody>
<tr>
<td>Ventolin, Airomir, Salbutamol, Bricanyl, Berotec, Cromolyn</td>
<td>8 hours</td>
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<tr>
<td>ratio-Theo-Bronc, Theolair</td>
<td>12 hours</td>
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<tr>
<td>Atrovent, Accolate, Singulair, Choleryl, Phylocontin</td>
<td>24 hours</td>
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<tr>
<td>Serevent, Advair, Oxeze, Symbicort, Foradil, Uniphyll, Tilade, Apo-Theo LA, Zenhale, Onbrez (LABA)</td>
<td>48 hours</td>
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<tr>
<td>Atarax</td>
<td>3 days</td>
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<tr>
<td>Spiriva, Seebri (LAMA)</td>
<td>1 week</td>
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<tr>
<td>Heart or Blood Pressure medication (beta blockers)</td>
<td>Withholding instructions are verified and communicated to the patient by the referring physician. Please discuss this with your doctor. PFT Lab personnel are not responsible for communicating withholding instructions for cardiac medications to the patient.</td>
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<tr>
<td>Flovent, Pulmicort, Qvar, Alvesco, Daxas (anti-inflammatory), Asmanex</td>
<td>Not routinely withheld but discuss with your doctor if you are on these medications.</td>
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</table>

FOODS:
- Caffeine (coffee, tea, cola drinks, chocolate) Day of study

Stage 1 Exercise Test:
- Report for your test in comfortable clothes and running or gym shoes (no leotard tops).
- Please have a light meal prior to the test.
- A current ECG (within 30 days) must be done prior to test.
- Take your medications as usual unless instructed otherwise.
- 1 hour duration.

Exercise Induced Asthma Test (EIA):
- Report for your test in comfortable clothes and running or gym shoes (no leotard tops).
- Please have a light meal prior to the test.
- No stress exercise for 4 hours prior to test.
- Follow the same medication instructions as for a methacholine challenge above.
- 1 hour duration.

Arterial Blood Gases:
- A blood sample (1 ½ cc) will be drawn for this test.
- No preparation is required. If you are on oxygen and if ordered we will remove it at test time.
- 15 minute duration

Walk Tests:
- No preparation required. Instructions will be given at time of test.
- Each separate test is approximately 20 minutes in duration. More than one walk may be done depending on the test ordered.