

Pulmonary Function Lab – Toronto Western Hospital

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TEST PREPARATION

IMPORTANT: Please bring your health card to your appointment.

Please Check:

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

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

MEDICATIONS (Inhalers)	RECOMMENDED WITHHOLDING TIME:
Ventolin, Airomir, Bricanyl, Cromolyn	6 hours
Atrovent	12 hours
Serevent, Advair, Oxeze, Symbicort, Zenhale, Onbrez, Breo, Foradil, Duaklir, Tudorza	48 hours
Spiriva, Seebri, Ultibro, Anoro, Incruse, Inspiroto	1 week
Flovent, Pulmicort, Qvar, Alvesco, Asmanex, Daxas	Not routinely withheld but discuss with your doctor if you are on these medications.
No Caffeine (coffee, tea, cola drinks, chocolate)	Day of study
Heart or Blood Pressure medication (beta blockers): 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.	

- Stage 1 Exercise Test*** (1 hour duration)
- Report for your test in comfortable clothes and running or gym shoes (no leotard tops).
 - Do not eat or drink for 2 hours prior to the test. If you must eat, try to make it a light meal.
 - A 12 lead ECG will be done prior to the start of the test.
 - Take your medications as usual unless instructed otherwise.
- Exercise Induced Asthma Test (EIA)*** (1 hour duration)
- Report for your test in comfortable clothes and running or gym shoes (no leotard tops).
 - If you eat before the test, it should be no more than a light meal.
 - No stress exercise for 4 hours prior to test.
 - Follow the same medication instructions as for a methacholine challenge above.
- Arterial Blood Gases:** (30 minute duration)
- 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.
- Walk Tests:** (30 - 45 minutes duration)
- Report for your test in comfortable clothes and running or gym shoes
 - No preparation required. Instructions will be given at time of test.
 - More than one walk may be done depending on the test ordered.
- Sputum Induction*** (45 minute duration)
- No preparation required. Instructions will be given at time of test.
- High Altitude Simulation Test*** (45 minute duration)
- No preparation required. Instructions will be given at time of test.
 - A blood sample (1 ½ cc) will be drawn as part of this test.