

PULMONARY FUNCTION TEST INSTRUCTIONS

PULMONARY FUNCTION TEST

- Do not smoke 12 hours prior to the test
- **NO** bronchodilators medications 4-6 hours prior to the test (**albuterol, alupent, maxair, proventil, atrovent, advair, serevent, foradil**)
- No alcoholic beverages 12 hours prior to test
- No caffeine 4 hours prior. You may have decaffeinated coffee

DLCO or a Methacholine test

- No inhaled steroids 72 hours prior to test (**advair, flovent, azmacort, beclovent, vanceril, aerobid**)
- No breathing medication 8 hours prior to test (**albuterol, alupent, maxair, proventil, atrovent, advair, serevent, foradil**)
- No *Serevent, Leukotriene modifiers, Atrovent, or Theophyllines* 24 hours before the test
- No *Cromolyn Sodium (Intal)* 8 hours before test
- No *Tilade* 48 hours before test
- No *Antihistamine* 72-96 hours before test
- No occupational exposure to irritants prior to the test
- No *caffeine* the day of the test
- No *Prednisone* two weeks prior to the test

CARDIO-PULMONARY EXERCISE TEST

- Ask your doctor about whether or not to take your medications before the test
- Eat a light meal up to three hours before the test
- Do not consume alcohol 12 hours before the test
- No caffeine 12 hours before test
- Do not exercise within 8 hours of test
- Wear proper exercise attire and comfortable running/biking shoes