Pulmonary Function Testing
Patient Instructions

☐ PULMONARY FUNCTION TEST.  DURATION: 45 MINUTES

4 HOURS PRIOR TO YOUR APPOINTMENT PLEASE AVOID:
1. Smoking
2. Caffeine (i.e. coffee, tea, sodas, chocolate)
3. Inhalers (i.e. Combivent, Proventil, Xopenex, Atrovent, Albuterol)

12 HOURS PRIOR PLEASE AVOID:
Flovent, Symbicort, Asmanex, Pulmicort, Advair

24 HOURS PRIOR PLEASE AVOID:
Spiriva

☐ CARDIOPULMONARY EXERCISE TEST.  DURATION: 45 MINUTES

4 HOURS PRIOR TO YOUR APPOINTMENT PLEASE AVOID:
1. Smoking
2. Vigorous exercise

Please wear comfortable shoes and clothing as you will be on a stationary bicycle for this test. DO NOT wear dresses or skirts.

☐ BCT TEST (METHACHOLINE CHALLENGE TEST). DURATION: 1 HOUR

24 HOURS PRIOR TO YOUR APPOINTMENT PLEASE AVOID:
1. Anti-histamines or decongestants (i.e. Claritin, Benadryl)
2. Vigorous exercise
3. All inhalers and the medication Singulair

ON THE DAY OF YOUR APPOINTMENT PLEASE AVOID:
1. Smoking
2. Caffeine

☐ EIB TEST:  SAME INSTRUCTIONS AS BCT TEST

☐ HAST (HIGH ALTITUDE STRESS TEST):  NO RESTRICTIONS