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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**