

CLEAR LAKE HEART CENTER

Pre- Test Instructions for Pulmonary Function Testing

What is a pulmonary function test?

Pulmonary function testing measures how well you are breathing. There are different types of breathing tests that can be done during pulmonary function testing depending on what the physician's order calls for. They include spirometry, lung volumes and diffusing capacity.

How do you get ready for this? Breathing Medications to hold prior to the Test

Bronchodilator medicines - listed below **need to be held** the right amount of time before your appointment in order to get useful test results. If the medicine is not stopped before the test we may not be able to complete the breathing test as ordered.

Please wear **comfortable, loose fitting clothing** so your ability to take big breaths will not be hindered during a test.

Please **hold caffeine** intake [no coffee, tea, cola, chocolate, etc. within 24 hours of your test. Please **do not smoke tobacco** or do vigorous exercise within 12 hours of your test. Fasting is not necessary; however, **do not eat a large meal within several hours before your test**. If you have dentures, wear them during the test.

STOP these inhaled medicines for at least 24 hours before your appointment:

- **Advair** (Serevent and Flovent), **Serevent** (Salmeterol)
- **Symbicort** (Pulmicort and Foradil), **Dulera** (Azmanex and Foradil)
- **Foradil** (Formoterol), **Perforomist** (Formoterol)
- **Brovana TM** (Arfomoterol)
- **Spiriva** (tiotropium) [Note: The ideal holding time for this drug is 7 days prior to a PFT]

STOP these inhaled medicines for at least 6 hours before your appointment:

- **Atrovent** (Ipratropium)
- **Combivent** (Albuterol and Ipratropium)
- **DuoNeb** (Albuterol and Ipratropium)

STOP these inhaled medicines for at least 4-6 hours before you appointment:

- **Proventil HFA, Ventolin HFA, ProAir** (any form of Albuterol or albuterol sulfate)
- **Maxair** (Pirbuterol), **Alupent, Metaprel** (Metaproterenol), **Primatene Mist**
- **Xopenex** (Levalbuterol) [Note: the ideal hold time for this drug is 8 hours]

Pre- Test Instructions for Pulmonary Function Testing

HOLD the medications you take to help control **seasonal allergies**

Zyrtec, Allegra, Benadryl (dephenhydramine) and **Claritin** – 3 days prior to the test date

Singulair - 48 hours prior to the test date

Do continue to take all your other medicine as you usually do. If you are on supplemental oxygen therapy, do continue to use your oxygen. Only breathing medication, caffeine containing drinks & foods, and tobacco intake need to be held.

The technician will explain what you need to do during each test. A good effort during the testing is important to get good results. The technician will coach you during each test to help you give a good effort. If you have questions during the tests, please ask the technician.

How long will the test take?

Pulmonary Function Test often takes 30 minutes to complete.