

Pulmonary Function Testing

PLEASE READ THESE INSTRUCTIONS CAREFULLY

This test measures air you breathe in and out, and usually takes 1 to 1½ hours.

DO NOT

Medications

4 hours before test: DO NOT use a bronchodilator (Albuterol, Atrovent, ProAir, DuoNeb)

8 hours before test: DO NOT use Xopenex

12 hours before test (or the night before): DO NOT use Advair, Symbicort, Dulera, Spiriva

Use of these medications will require the rescheduling of your test

Activities

4 hours before test: DO NOT *smoke or be around cigarette smoke*. The carbon monoxide in cigarette smoke affects the test and may require rescheduling of your test.

4 hours before test: DO NOT *drink anything with caffeine*: coffee, tea, soda, or energy drinks. Caffeine will change the results of your test and may require the rescheduling of your test.

DO

DO take **other medications** your doctor has ordered just as you normally would.

DO *eat a small or light meal*. This is NOT a fasting test. You will need energy to breathe and complete this test.

REMEMBER – before the test

No breathing medication for 4 – 12 hours (see above list)

No smoking for 4 hours

No caffeine for 4 hours

If you have any questions or need to reschedule your appointment, call (805) 485-2400.

Important Note: A \$100 fee WILL BE charged for missed appointments or cancellations without a minimum 24-hour notice. This includes tests that must be rescheduled due to non-compliance with the above instructions.