

## **Pulmonary Function Test Patient Instructions**

- **No smoking for 12 hours prior to testing**
- **No alcohol within 4 hours of testing**
- **No vigorous exercised within 1 hour of testing**
- **Avoid clothing that substantially restricts breathing**
- **Avoid eating a large meal within 2 hours of testing**

### **Avoid using inhalers for the time designated:**

#### **\_\_\_\_\_ Short-acting bronchodilators for previous 12 hours**

- ❖ Albuterol, AccuNeb, Atrovent, Combivent, Duoneb, Maxair, Metaproterenol, Proair HFA, Proventil HFA, Ventolin HFA, VoSpire, Xopenex HFA
- ❖ If unable to hold for 12 hours, may use rescue inhaler up to 4 hours prior to testing and notify technician.

#### **\_\_\_\_\_ Long-acting once daily bronchodilators starting 48 hours prior**

- ❖ AnoroEllipta, Breo, Incruse, Seebri, Spiriva, Stiolto Respimat, Trelegy, Tudorza, Theo-24, Uniphyll

#### **\_\_\_\_\_ Long-acting twice daily bronchodilators/steroid or steroid inhalers starting 48 hours prior**

- ❖ Advair, Aerobid, Aerospan, Alvesco, Arcapta, Arnuity, Asmanex, Azmacort, Brovana, Dulera, Flovent, Foradil, Intal, Performista, Pulmicort, Serevent, Striverdi, Symbicort, Qvar