



Patient Preparation for Full Pulmonary Function Testing (Spirometry with reversibility testing if indicated, DLCO, and TLC via nitrogen washout)

Testing Location: 370 N. Wiget Lane • Suite 210 • Walnut Creek, CA 94598 • 925/935-6252

The procedure will last approximately 90 minutes. **Plan on being in the office for up to 2 hours.**

Pulmonary Function Tests evaluate how well your lungs work. You will be asked to breathe into a mouthpiece connected to a machine that measures your breathing. You will be asked to inhale, exhale, and hold your breath in specific ways. If indicated, some tests may be repeated after giving you an inhaled bronchodilating medication, albuterol. The procedures are painless, although you may experience some shortness of breath or lightheadedness due to the heavy breathing and some jitteriness due to the albuterol.

Preparing for the Test

Avoid all alcohol and beverages that contain caffeine or similar substances such as coffee, tea and certain soft drinks the day of testing. Do not smoke for at least 6 hours before the test. Avoid strenuous activity for 6 hours before testing. Do not wear tight clothing that makes it difficult for you to take a deep breath. Do not eat a large meal within 2 hours of testing. You may have a light snack 1 hour prior to testing. The test should not be performed if you have had a recent (symptoms within the last 2 weeks) upper respiratory infection.

The following medications need to be discontinued before your testing (please call to discuss with your provider if you have concerns with stopping these therapies):

Stop at least 6 hours before testing: Ventolin, Proventil, ProAir, albuterol, Xopenex, levalbuterol, Primatene Mist, epinephrine inhalational aerosol, Intal, cromolyn inhalational aerosol, Alupent, metaproterenol, Brethine, terbutaline

(If you are short of breath and need to use these medications please do, but call the office as we may need to reschedule the testing)

Stop at least 12 hours before testing: Atrovent, Combivent, Duoneb, ipatropium

Stop at least 24 hours before testing: Singulair, Advair, AirDuo, Wixela, Breo, Dulera, Symbicort, Brovana, Foradil, Perforomist, Serevent, Striverdi, monteleukast, Accolate, zafirlukast, Zyflo, zileuton, and any theophylline product such as Theodur, Slo-Bid.

Stop at least 48 hours before testing: Anoro, Arcapta, Bevespi, Incruse, Seebri, Spiriva, Stiolto, Trelegy, Tudorza, Utibron

(Aerobid, Aerospan, Alvesco, ArmonAir, Arnuity, Asmanex, Flovent, Pulmicort, Qvar) Stay on your same dose