



Cardio-Respiratory Services Pre-test Instructions

NOTE: Please read only those instructions pertaining to the test that has been ordered for you
(You may also call the Cardio-Respiratory Services Pre-Test instruction line at 416-756-6064 and press
the appropriate # to obtain instructions for your scheduled test)

For:

EXERCISE SESTAMIBI OR PERSANTINE SESTAMIBI (TEST DURATION: 5 HOURS WITH A BREAK)

1. You must not have anything to eat on the morning of your appointment.
2. No caffeine (e.g. coffee, tea, cola or chocolate) for 24 hours within your appointment time.
3. On the day of the appointment, please bring water and all your prescription medications, comfortable clothing, running shoes and health card. Make arrangements to purchase/bring food as you will be allowed to eat during a waiting break in-between.
4. You will be asked to provide informed consent prior to the start of the test.
5. It may be necessary to have you return for a second day to obtain optimal test results. This will be determined by your technologist on the day of your appointment.
6. You may need to stop taking certain medications for a given time prior to this test, and as instructed. If you are unsure about this, please check with your doctor.

For:

EXERCISE STRESS (TEST DURATION: ONE HOUR)

1. No eating after midnight.
2. No caffeinated beverages (e.g. coffee, tea, cola or chocolate) for 24 hours
3. Bring your medications, comfortable clothing, running shoes and your health card with you on the day of the appointment.
4. You will be required to provide informed consent prior to the test.
5. You may continue with your regularly scheduled medications unless instructed otherwise by your doctor.



NYGH Pulmonary Function Lab Pre-Test Instructions

(To hear pre-test instructions you may also call 416-756-6920 and Press 1 for PFT and 2 for Methacholine)

It may be necessary to stop taking certain medication for a specific period, prior to testing. Please refer to the list below for some common medications. If you are unsure about this, please ask your doctor. Fasting is not necessary, and you should eat your regular meals. Caffeinated beverages must not be consumed on the day of the test. If you have a cold or other respiratory illness, please call the registration desk **416-756-6064** to reschedule. Bring your health card and medications with you and please arrive 15 minutes before your appointment time. **We are located on the 6th floor-North Wing at 4001 Leslie Street.**

Pulmonary Function Test (PFT) Duration – 45 minutes

METHACHOLINE Challenge Test Duration – 60 minutes

- If you are pregnant or nursing please contact your doctor before your appointment

Medications and food	PFT and Methacholine Challenge Tests
Salbutamol (Ventolin etc.), Combivent, Bricanyl	Do not take for 8 hours before test
Caffeinated beverages	Do not drink for 8 hours before test
Smoking	Do not smoke for 8 hours before test
Atrovent, Singulair, Flovent, QVAR, Pulmicort, Alvesco, Arnuity	Do not take for 24 hours before test
Spiriva, Seebri, Tudorza, Serevent, Oxeze, Onbrez, Ultibro, Duaklir, Anoro, Inspirolo, Advair, Breo, Zenhale, Symbicort, Theophylline	Do not take for 48 hours before test
Reactine, Claritin and Alerius (and other antihistamines)	Do not take for 72 hours before test

All Walk Tests (Exercise Oximetry/Six Minute Walk Test/Home Oxygen Assessment)

- No medication or food restrictions required.
- Wear comfortable walking shoes.

Arterial Blood Gas (ABG's)

- A small blood sample (approximately 1cc) will be taken. (No medication or food restrictions required)