

NYGH Pulmonary Function Lab Pre-Test Instructions

(To contact our registration desk please call **416-756-6623** for any concerns or inquiries)

What is a Pulmonary Function (PFT) test? (45 minutes)

This is a breathing test for diagnosing the cause of unexplained respiratory symptoms and monitoring patients with known respiratory disease. If your physician is wondering if you have asthma, you may also need to do a Methacholine challenge test. This will be scheduled after a full pulmonary function test.

What is a Bronchial (Methacholine) challenge test? (1 hour)

This is a breathing test that measures how sensitive your airways are. During this test, you breathe in increasing levels of Methacholine which helps us assess if you have asthma; and severity, if you do. A Methacholine challenge test is done only *after* a full pulmonary function test, *but never on the same day*.

General Preparations:

- **Please call to reschedule your test if you:**
 - **Have a fever, cold or flu-like symptoms, and diarrhea**
 - **Pregnant or nursing**
 - **Had a heart attack, stroke, or eye surgery in the last 3 months**
- If you are unable to follow verbal instructions in English, please contact our registration desk to arrange an interpreter, otherwise, please bring someone who can help translate
- Fasting is not required, but avoid heavy meals 2 hours prior to testing
- If you are using any of the following respiratory medications in the chart below, please discontinue using them for the period indicated unless your doctor has given you different instructions

Medications and food	Holding Time for PFT and Methacholine Challenge Tests
Smoking, all Caffeine (coffee, tea, cola, chocolate)	Day of test
Salbutamol (Ventolin etc.), Combivent, Bricanyl	8 hours
Atrovent, Singulair, Flovent, QVAR, Pulmicort, Alvesco, Arnuity	24 hours
Spiriva, Seebri, Tudorza, Serevent, Oxeze, Onbrez, Ultibro, Duaklir, Anoro, Inspiroto, Advair, Breo, Zenhale, Symbicort, Theophylline, Trelegy, Incruse	48 hours
Reactine, Claritin, Alerius, Benadryl, Blexten, Rupall (and other antihistamines)	48 hours

***Note:** all other medications may be used as prescribed by your physician



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)