

# Santa Barbara Pulmonary Consultants

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## **PATIENT INSTRUCTIONS**

for pulmonary function testing

- PULMONARY FUNCTION TEST: DURATION, 45 MINUTES**
  - **4 HOURS PRIOR TO YOUR APPOINTMENT, PLEASE AVOID**
    - SMOKING
    - CAFFEINE (COFFEE, TEA, SODAS)
    - RESCUE INHALERS (ALBUTEROL, XOPENEX, PROVENTIL)
  - **12 HOURS PRIOR TO YOUR APPOINTMENT, PLEASE AVOID:**
    - DAILY/ROUTINE LONG-ACTING INHALERS, SUCH AS
      - SYMBICORT, ADVAIR, DULERA, SPIRIVA, BREO, etc.
  
- CARDIOPULMONARY STRESS TEST: DURATION, 45 MINUTES**
  - **4 HOURS PRIOR TO YOUR APPOINTMENT, PLEASE AVOID**
    - SMOKING
    - VIGOROUS EXERCISE
      - PLEASE WEAR COMFORTABLE SHOES AND CLOTHING, AS YOU WILL BE ON A STATIONARY BICYCLE FOR THIS TEST (NO DRESSES OR SKIRTS).
  
- BCT (METHACHOLINE CHALLENGE TEST): DURATION, 1 HOUR**
  - **24 HOURS PRIOR TO YOUR APPOINTMENT, PLEASE AVOID**
    - ANTI-HISTAMINES OR DECONGESTANTS (CLARITIN, BENADRYL, etc.)
    - VIGOROUS EXERCISE
    - ALL INHALERS
    - SINGULAIR
  
- ALSO, ON THE DAY OF YOUR APPOINTMENT PLEASE AVOID:**
  - SMOKING
  - CAFFEINE
  - COFFEE
  
- EIB TEST: SAME INSTRUCTIONS AS BCT TEST**
- HAST (HIGH ALTITUDE TEST): NO RESTRICTIONS**
- 6 MINUTE WALK TEST: NO RESTRICTIONS**