



Before you arrive for testing please avoid the following activities:

- Smoking at least 1 hour before the test
- Drinking alcohol within 4 hours of the test
- Vigorous exercise within 30 minutes of the test
- Wearing clothing that is tight and may restrict full effort
- Eating a large meal within 2 hours of the test
- Drinking coffee or other caffeinated drinks 8 hours prior to testing

If you are being tested before and after bronchodilator medication please withhold the following medications prior to arriving for your test unless specifically instructed otherwise by your physician:

DRUG TYPE	Examples	# of HOURS
Short-acting Bronchodilators	Ventolin, Airomir, Atrovent, Bricanyl	4
Long-acting Bronchodilators	Serevent, Oxeze Advair, Symbicort (in combination with ICS)	12
Oral aminophylline	Theo-Dur	12
Once-a-day medication	Spiriva, Singulair	24
Corticosteroids: Inhaled Oral	Flovent, Pulmicort, Alvesco, Qvar Prednisone	DO NOT STOP

Please postpone testing if:

- you have had any respiratory infections within the last 3 weeks
eg. flu, pneumonia, severe cold
- you have had any ear infections or problems in the last 3 weeks
(ear discomfort may be experienced during a forceful exhalation)