

## Respiratory Care Services Patient Instructions for Testing

### Tests 1

#### **Complete Pulmonary Function Test (45 minutes)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Do not use the following breathing medications (nebulizers and inhalers) four to six hours before your test:
  - a. Albuterol (Proventil or Ventolin)
  - b. Atrovent
  - c. Xopenex
  - d. Combivent
4. Bring your inhaler with you if you have one.
5. Refrain from smoking 24 hours before your test. If you smoke during this time, your test will not give accurate information and may need to be repeated.
6. Do not eat at least two hours before your test.
7. No vigorous exercise on the day of your test (prior to your test).
8. Do not drink any alcohol at least four hours prior to your test.

### Test 2

#### **Spirometry without Bronchodilator (30 minutes)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Do not use the following breathing medications (nebulizers and inhalers) four to six hours before your test:
  - a. Albuterol (Proventil or Ventolin)
  - b. Atrovent
  - c. Xopenex
  - d. Combivent
4. Eat a light meal if eating before your test.
5. No vigorous exercise on the day of your test (prior to your test).

### Test 3

#### **Spirometry with Bronchodilator (30 minutes)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Do not use the following breathing medications (nebulizers and inhalers) four to six hours before your test:
  - a. Albuterol (Proventil or Ventolin)
  - b. Atrovent
  - c. Xopenex
  - d. Combivent
4. Bring your inhaler with you if you have one.
5. Eat a light meal if eating before your test.
6. No vigorous exercise on the day of your test (prior to your test).

### Tests 4 & 5

#### **Lung Volumes (1 hour)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Do not use the following breathing medications (nebulizers and inhalers) four to six hours before your test:
  - a. Albuterol (Proventil or Ventolin)
  - b. Atrovent
  - c. Xopenex
  - d. Combivent
4. Try to refrain from smoking at least one hour before your test.
5. Eat a light meal if eating before your test.
6. No vigorous exercise on the day of your test (prior to your test).

**Test 7****Diffusion Capacity (1 hour)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Refrain from smoking 24 hours before your test. If you smoke during this time, your test will not give accurate information and may need to be repeated.
4. Do not eat at least two hours before your test.
5. No vigorous exercise on the day of your test (prior to your test).
6. Do not drink any alcohol four hours before your test.

**Test 6, 8, 9****Airway Resistance Test 7 (30 minutes) MVV Test 9 (20 minutes) MIP/MEP Test 10 (30 minutes)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Eat a light meal if eating before your test.
4. No vigorous exercise on the day of your test (prior to your test).

**Test 10****Indirect Calorimetry (1 hour)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Do not smoke or drink caffeinated beverages after midnight on the night before your test.
4. Do not eat anything for at least four hours before your test.
5. No exercise on the day of your test (prior to your test).
6. If you receive hemodialysis, your test must be at least 3-4 hours after dialysis.
7. This test can not be performed if you are on oxygen continuously.

**Test 11, 12****Pulse Oximetry Test 12 (15 minutes), and Arterial Blood Gases Test 13 (15 minutes)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. If the procedure is to be done without oxygen, you must not use your oxygen for 30 minutes prior to your appointment time. If you feel this may cause you some difficulty, you may arrive 30 minutes early to be in the facility while you are without your oxygen.

**Test 13****Cardiopulmonary Exercise Test (1.5 hours)**

1. Bring your physician's order or referral with you unless your physician will be faxing it.
2. Arrive 15 minutes early for your appointment.
3. Please do not smoke, drink alcohol or caffeine, or eat three hours before the test. You can drink water as needed at any time.
4. Wear walking shoes, such as sneakers, and wear loose and comfortable clothing that doesn't restrict your breathing.
5. Do not perform any strenuous physical activities for at least 12 hours before your test.
6. Get plenty of rest prior to your test.
7. Don't use breathing medication (nebulizers or inhalers) after midnight on the night before your test.
8. If you use an inhaler for breathing problems, please bring it with you on the day of the test.