

Santa Barbara Pulmonary Consultants
2403 Castillo Street, Suite 206
Santa Barbara, Ca 93105
Telephone: (805) 898-8840

Pulmonary Function Testing Patient Instructions

PULMONARY FUNCTION TEST. DURATION: 45 MINUTES

4 HOURS PRIOR TO YOUR APPOINTMENT PLEASE AVOID:

1. Smoking
2. Caffeine (i.e. coffee, tea, sodas, chocolate)
3. Inhalers (i.e. Combivent, Proventil, Xopenex, Atrovent, Albuterol)

12 HOURS PRIOR PLEASE AVOID:

Flovent, Symbicort, Asmanex, Pulmicort, Advair

24 HOURS PRIOR PLEASE AVOID:

Spiriva

CARDIOPULMONARY EXERCISE TEST. DURATION: 45 MINUTES

4 HOURS PRIOR TO YOUR APPOINTMENT PLEASE AVOID:

1. Smoking
2. Vigorous exercise

Please wear comfortable shoes and clothing as you will be on a stationary bicycle for this test. DO NOT wear dresses or skirts.

BCT TEST (METHACHOLINE CHALLENGE TEST). DURATION: 1 HOUR

24 HOURS PRIOR TO YOUR APPOINTMENT PLEASE AVOID:

1. Anti-histamines or decongestants (i.e. Claritin, Benadryl)
2. Vigorous exercise
3. All inhalers and the medication Singulair

ON THE DAY OF YOUR APPOINTMENT PLEASE AVOID:

1. Smoking
2. Caffeine

EIB TEST: SAME INSTRUCTIONS AS BCT TEST

HAST (HIGH ALTITUDE STRESS TEST): NO RESTRICTIONS