

**Patient Instructions For:
PFT EXERCISE CHALLENGE**

- You must be able to follow directions, maintain a tight seal around a mouthpiece, and be able to pedal a bicycle, run or walk briskly on a treadmill in order to perform the test.
- Wear loose fitting clothes and comfortable GYM SHOES for walking, pedaling, or running.
- No intense exercise on the day of the test
- No food for three (3) hours before the test; however, you may drink clear liquids for up to one (1) hour before the test
- Avoid caffeinated products like coffee, tea, and cola drinks; chocolate; added sugar; over-the-counter sinus/cold medications; and smoking for 24 hours prior to the test.

For optimal testing, it is *recommended* that the following medications **NOT** be taken prior to the test for the time periods indicated (However, if you have concerns about not taking these medications, please contact your doctor):

Short-acting bronchodilators such as **albuterol, Proventil, Ventolin, Pro-Air** and **Maxair** for 8 hours before the test

Sustained-action bronchodilators such as **Serevent, Foradil, Advair, Azmanex** or **Symbicort** for 48 hours before the test

Methylxanthines (**Slo-bid**) for 24 hours before the test

Atropine-like preparations (**Atrovent**) for 24 hours before the test

Cromolyn sodium (**Intal**) for 8 hours before the test

Nedocromil (**Tilade**) for 48 hours before the test

Leukotriene modifiers (**Singulair, Accolate**) for 24 hours before the test

Inhaled steroids (**Pulmicort, Flovent, Beclovent, Vanceril, Azmacort**, and **Aerobid** – STAY ON YOUR SAME DOSE

The following medicines should be held IF POSSIBLE for three (3) days before the test: **Atarax, Zyrtec, Allegra, Claritin**, and **Benadryl**

Continue all other medications as prescribed by your doctor.

If you develop a cold, fever or other signs of active illness within one week of the test, call the Call Center at 636-2601 to reschedule the test