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 LARGE meals within 2 hours before the test. However, you may drink clear liquids (like water or apple juice) and eat a SMALL snack (fruit or granola bar) up to 1 hour before the test. It is recommended that you DO NOT go longer than 6 hours without eating.

- Avoid caffeinated products like coffee, tea, and cola drinks; chocolate; added sugar; over-the-counter cold/sinus medicine, alcoholic drinks; and smoking for 24 hours before 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, Xopenex, Pro-Air, and Maxair for 8 hours before the test

- Sustained-action bronchodilators such as Serevent, Foradil, Advair, Dulera 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, Asmanex, Qvar, Alvesco 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