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