Pulmonary Physiology Lab
Patient Instructions

[ ] Routine Pulmonary Function Testing (Spirometry, Lung Volumes, Diffusion capacity, oximetry)

What you need to do before your appointment:

- If you smoke, don’t smoke for 1 hour before the test,
- Wear loose clothing so that you may breathe comfortably,
- Do not eat a big meal within 2 hours of testing,
- Don’t take inhalers or lung medicine for the following times:
  - Short acting inhaled or oral bronchodilators (e.g., Albuterol) - 8 hours
  - Medium acting inhaled bronchodilators (e.g., atrovent) – 24 hours
  - Long acting inhaled or oral bronchodilators (e.g., Serevent) - 48 hours
- No alcohol for 4 hours prior to study,
- Avoid vigorous exercise within 30 minutes of study,
- Please bring your prescription, referral form, and insurance cards to your appointment

[ ] Methacholine Provocation testing
(test time approximately 1 hour)

What you need to do before your appointment:

- Wear loose clothing so that you may breathe comfortably,
- Do not eat a big meal before the test,
- Don’t take inhalers or lung medicine for the following times:
  - Short acting inhaled bronchodilators (e.g., Albuterol) - 8 hours
  - Medium acting inhaled bronchodilators (e.g., atrovent) – 24 hours
  - Long acting inhaled bronchodilators (e.g., Serevent) - 48 hours
  - Oral bronchodilators
    - Liquid theophylline 12 h
    - Intermediate-acting theophyllines 24 h
    - Long-acting theophyllines 48 h
    - Standard beta-2-agonist tablets 12 h
    - Long-acting beta-2-agonist tablets 24 h
  - Inhaled Steroids (e.g., Advair, Symbicort) - 2 weeks
  - Leukotriene modifying drugs (e.g., singulair)-24 hours
  - Oral Steroids (e.g., Prednisone) - 2 weeks

PLEASE SPEAK TO YOUR DOCTOR BEFORE YOU STOP ANY OF YOUR MEDICATIONS. IN SOME CASES, THEY MAY WANT YOU TO REMAIN ON SPECIFIC MEDICINES.

- Don’t take Antihistamines within 3 days of testing without contacting your referring physician first. (e.g., Benadryl, Zyrtec, Claritin etc)
- Ask your doctor about how long to stop nasal steroid medicines
- ABSTAIN FROM COFFEE, TEA, SODA, AND CHOCOLATE FOR 24 HOURS PRIOR TO TESTING. NO SMOKING for 8 hours prior to the test.
- Reschedule the test if you are coming down with a cold or the flu (or if you have been ill anytime in the past 4 weeks),
- Please bring your prescription, referral form, and insurance cards to your appointment
Cardiopulmonary Exercise Stress Test  
(test time approximately 2 hours)

What you need to do before your appointment:

- If you smoke, don’t smoke for 8 hours before the test,
- Wear loose clothing so that you may exercise comfortably (we recommend sneakers),
- Do not eat 2 hours before the test. If you need to eat due to a medical condition, eat lightly (i.e., toast with 1 cup of milk or juice),
- Use ALL medication prescribed to you at your normal times unless told not to by your referring physician,
- Avoid exercise on the day of testing,
- ABSTAIN FROM COFFEE, TEA, SODA, and CHOCOLATE FOR 24 HOURS PRIOR TO TESTING.
- Please bring your prescription, referral form, and insurance cards to your appointment

If you have any questions, please contact the lab at (212) 241 – 5819