

# PATIENT INSTRUCTIONS

Please Read Carefully

## DO NOT SMOKE FOR 6 HOURS BEFORE TEST

### SPIROMETRY, DIFFUSING CAPACITY, STATIC LUNG VOLUMES

- 1 DO NOT** take the following for **4 HOURS BEFORE** the test:  
- *Ventolin, Atrovent, Bricanyl, Asmol, Airomir*
- 2 DO NOT** take the following for **12 HOURS BEFORE** the test:  
- *Serevent, Oxis, Foradile, Singulair, Seretide, Symbicort, Flutiform*
- 3 DO NOT** take the following for **24 HOURS BEFORE** the test:  
- *Ultibro, Bretaris, Brimica, Spiolto, Incruse, Anoro, Breo Ellipta, Brondecon, Neulin, Spiriva, Seebri, Onbrez*

### BRONCHIAL PROVOCATION (Aridol Challenge)

- a DO NOT** take the following for **8 HOURS BEFORE** the test:  
- *Intal, Tilade, Ventolin, Bricanyl, Asmol, Airomir*
- b DO NOT** take the following for **12 HOURS BEFORE** the test:  
- *Qvar, Pulmicort, Flixotide, Atrovent*
- c DO NOT** take the following for **24 HOURS BEFORE** the test:  
- *Serevent, Seretide, Foradile, Oxis, Symbicort, Alvesco, Nuelin, Flutiform, Ultibro, Bretaris, Spiriva, Seebri, Onbrez, Brimica, Spiolto, Incruse, Anoro, Breo Ellipta*
- d DO NOT** take the following for **72 HOURS BEFORE** the test:  
- *Zyrtec, Telfast, Claratyne, Fexotabs*
- e DO NOT** take the following for **4 DAYS BEFORE** the test:  
- *Singulair*
- f** Ingestion of significant amounts of caffeine (coffee, tea, cola) should be avoided prior to testing.
- g** Vigorous exercise should not be performed prior to (on the day) of the test.

Further information is available at [www.respiratoryconsultants.com.au](http://www.respiratoryconsultants.com.au)

All other inhalers/puffers and medications should be taken as usual.

If you become very wheezy or short of breath, please take your reliever medication and call Respiratory Consultants on 08 7231 0450.

