

# Information for Patients



## What to bring to your appointment

- Your GP or specialist referral
- A current medication list and any allergies that you may have
- Your Medicare Card
- Your Veterans Affairs Card if you have one

## Lung function preparation instructions

All patients are asked to refrain from the following before their test:

- Smoking (1 hour)
- Performing vigorous exercise (1 hour)
- Consuming alcohol or caffeinated drinks (4 hours)

### Medications - Time to Withhold before your Test

	<b>Bronchial Provocation: Mannitol, Hypertonic Saline, Histamine Challenge</b>
<b>8 Hours</b>	Airomir, APO, Asmol, Bricanyl, Intal, Tilade, Ventolin
<b>12 Hours</b>	Atrovent, Brimica, Flutiform, Pulmicort, Qvar
<b>24 Hours</b>	Alvesco, Anoro, Breo, Cipla, DuoResp, Foradile, Incruse, Nuelin, Oxis, Serevent, Seretide, Spiolto, Symbicort, Theodur, Trelegy
<b>3 Days</b>	Bretaris, OnBrez, Seebri, Spiriva, UltiBro
	<i>Anti-histamines</i>
<b>3 Days</b>	Avil, Benadryl, Claratyne, Claramax, Periactin, Phenergen, Polaramine, Telfast, Zadine, Zyrtec
<b>4 Days</b>	Singulair
	<b>Cardiopulmonary Exercise Test</b>
<b>8 Hours</b>	Airomir, APO, Asmol, Bricanyl, Intal, Tilade, Ventolin
<b>12 Hours</b>	Alvesco, Anoro, Atrovent, Breo, Foradile, Incruse, Nuelin, Spiolto, Theodur
<b>24 Hours</b>	Cipla, DuoResp, Oxis, Serevent, Seretide, Symbicort, Trelegy
<b>3 Days</b>	Bretaris, OnBrez, Spiriva, Seebri, UltiBro
	<i>Anti-histamines</i>
<b>3 Days</b>	Avil, Benadryl, Claratyne, Claramax, Periactin, Phenergen, Polaramine, Telfast, Zadine, Zyrtec
<b>4 Days</b>	Singulair
	<b>All Tests</b>
<b>Ingestion of food containing caffeine should be withheld on the day of the test, as it can decrease bronchial hyper-responsiveness.</b>	
<b>Smoking and vigorous exercise should not be undertaken on the day of the test.</b>	