

IMPORTANT INFORMATION - Patient Preparation for Lung Function Testing

What are lung function tests?

Lung function tests assess how well your lungs are working. They help diagnose respiratory (breathing) conditions, gauge their severity, and help monitor response to treatments. While most tests are straightforward and non-invasive, they do require your full effort to ensure accurate results. This may be tiring and make you feel a bit breathless but should not be painful.

Preparing for your test – To ensure optimal results, please follow these Instructions:

For Spirometry or Full Lung Function Tests:

- **Avoid caffeine** (e.g., coffee, black tea, energy drinks, coke or chocolate) on the day of the test.
- **Avoid** smoking, vaping or using a water pipe for at least 6hrs prior.
- **Do not** engage in vigorous exercise for 6hrs prior.
- **Abstain** from alcohol, marijuana or smoking for 8hrs prior.
- **Wear loose-fitting clothing** - avoid anything restrictive clothing around the chest or stomach.
- You **may eat** a light meal prior to the appointment.
- **Withhold** medications as directed in Table 1 on the next page.
 - If you cannot withhold medications due to breathing issues, or if advised otherwise by your doctor, or you forget, please still attend your appointment and inform the testing scientist.

For a Mannitol Challenge Test:

- **Perform** a Covid RAT (Rapid Antigen Test) at home on the day of the test. **Bring** the negative Covid test result with you.
- **No** caffeine (tea or coffee) **for 24 hours prior** to the test.
- **Withhold** medications as directed in Table 1 on the next page.
 - Unless otherwise advised by your doctor, you **MUST** withhold medications listed in Table 1 to be able to perform the test.

For Skin Prick Testing:

- Unless otherwise advised by your doctor, you **MUST** withhold medications listed in Table 1 to be able to perform the test.

For 6 Minute Walk Tests:

- Do not engage in vigorous exercise for 2 hrs prior
- Wear comfortable clothing and appropriate shoes
- Take all medications as usual. Any prescribed inhaled bronchodilator medication should be taken within one hour of testing or on arrival
- Patients should use their usual walking aids during the test (can, walker, etc.)
- You **may eat** a light meal prior to the appointment. Avoid eating for at least one hour prior to the test (where possible or appropriate)
- Patients should not exercise vigorously within 2 hrs of beginning the test.
- The patient should rest at least 10-15 minutes before beginning the start line 6MWT

Important Note: Prior to performing lung function testing, the Scientist will be required to ask you your age/weight/sex/height and ethnicity.

In some circumstances, Lung Function Tests **may not** be possible. These circumstances include recent surgery, active respiratory conditions (e.g. active TB, Covid, influenza, chest infections), head injury, pregnancy and unstable lung or heart conditions. If any of these apply to you, or you are unsure, please call our rooms on **9487 8373** to enquire, reschedule or cancel your appointment as appropriate.

TABLE 1—Withholding Times of Medications Prior to Lung Function Tests

TEST	Medications to withhold	Withhold Time
Spirometry or Lung Function Tests	Ventolin, Respolin, Asmol, Bricanyl Terbutaline, Airomir, Zempreon	6 hours
These tests assess how well your lungs are working at rest <i>Reference: Graham et al 2019</i>	Atrovent	12 hours
	Oxis, Serevent, Onbrez, Foradile, Bretaris, Brimica Singular	24 hours
	Spiolto, Brimica, Ultibro, Anoro Seretide, Symbicort, DuoResp, Salflumix, Flutiform, Fostair, Bufomix, Breo, Alectura Trelegy, Enerzair, Trimbrow, Breztri	24 hours
	Spiriva, Braltus, Bretaris, Seebri, Incruse	48 hours
Mannitol Challenge Test	Sodium cromoglycate, Nedocromil sodium	4 hours
This test helps diagnose asthma or assess asthma control <i>Reference: Hallstrand et al 2018</i>	Qvar, Beconase, Pulmicort, Flixotide, Rhinocort, Fluticasone, QVAR, Alvesco, Arnuity, Axotide, Budesonide, Beclomethasone	6 hours
	Ventolin, Respolin, Asmol, Bricanyl Terbutaline, Airomir, Zempreon	8 Hours
	Opticrom, Tilade, Intal	8 hours
	Atrovent	12 hours
	Zileuton	16 hours
	Seretide, Symbicort, DuoResp, Salflumix, Flutiform, Fostair, Bufomix, Breo, Alectura	24 hours
	Theophylline	24 hours
	Caffeine (Coffee and tea)	24 hours
	Oxis, Serevent, Onbrez, Foradile, Bretaris, Brimica	36 Hours
	Indacaterol, Olodaterol, Vilanterol	48 hours
	Spiriva, Braltus, Bretaris, Seebri, Incruse	72 Hours
	Spiolto, Brimica, Ultibro, Anoro	72 hours
	Trelegy, Enerzair, Trimbrow, Breztri	72 hours
	Claratyne, Zyrtec, Telfast, Fexit 180, Desonex, Nasonex, Fexofenadine, Fexo 180, AllerEze, Loratadine	72 hours
	Singular	4 Days
Skin Prick Testing	Antihistamines	4 Days
This test assesses allergies to common household allergens <i>Reference: ASCIA 2020</i>	Prednisone	1 week
Six Minute Walk Test (6MWT)	Contraindications include:	Take all meds as usual
This test assesses your body's response to exercise <i>Reference: ATS Statement 2002</i>	<ul style="list-style-type: none">Unstable angina and/or myocardial infarction during previous month	Wear comfortable clothes and shoes
Cardiopulmonary Exercise Test (CPET)	Patients must be stable at the time of testing	Take all medications as usual
This test assesses your heart and lungs response to maximal exercise	Cardiologist clearance required	

Reference: Albouaini et al 2007		
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