

Preparation & Instructions

Standard Lung Function tests

Preparation for the test

Please wear loose, comfortable clothing that doesn't restrict breathing and note:

- Your age, sex, height, and weight are recorded in order to calculate expected test values.
- A clip is placed on your nose to prevent the air from escaping through the nostrils whilst measurements are made.
- You should not smoke for 4 hours before the test.
- You should not take the following medications, for the given times if possible

Ventolin, Atrovent, Bricanyl, Asmol, Airomir for **4 HOURS** before the test.

Serevent, Oxis, Seretide, Symbicort, Singulair, Betaris, Flutiform for **12 HOURS** before the test.

Brondecon, Neulin, Spiriva, Breo, Anoro, Onbrez, Seebri, Alvesvo, Incruse, Ultibro for **24 HOURS** before the test.

Importantly, should you become very wheezy or short of breath, please take your reliever medication and call Adelaide Respiratory on 8232 4200.

Advice and information

Your doctor has requested this test to assess your lung function. However, you are under no obligation to have the test, and if you choose not to this will not affect your relationship with your doctor. If you require any further details about the test, please do not hesitate to contact your Doctor.

The instructions and advice in this document is recommended by Adelaide Respiratory for testing at our laboratory according to internationally accepted guidelines. We ask that if you are having these tests at another laboratory that you follow their recommendations and advice.