



Before you arrive for testing please avoid the following activities:

- Smoking at least 1 hour before the test
- Drinking alcohol within 4 hours of the test
- Vigorous exercise within 30 minutes of the test
- Wearing clothing that is tight and may restrict full effort
- Eating a large meal within 2 hours of the test
- Drinking coffee or other caffeinated drinks 8 hours prior to testing

If reversibility testing (pre/post bronchodilator) is to be performed, the patient should withhold respiratory inhaled medications (with permission of their physician) prior to testing. Guidelines for how long these medications should be withheld prior to testing are:

DRUG TYPE	Examples	# of HOURS
Short-acting Bronchodilators	Airomir (Salbutamol), Ventolin HFA (Salbutamol), Ventolin Diskus (Salbutamol), Ventolin Nebules (Salbutamol), Bricanyl (Terbutaline)	4
	Atrovent HFA (Ipratropium), Atrovent Nebules (Ipratropium)	4
Dual Short-acting Bronchodilators	Combivent Respimat or Nebules Salbutamol/Ipratropium)	4
Oral aminophylline tablets	Theo-Dur, Theophylline, Uniphyll	12
Long-acting Bronchodilators	Foradil (Formoterol), Oxeze (Formoterol), Serevent (Salmeterol)	12
	Indacaterol (Onbrez)	24
	Spiriva Handihaler and Respimat (Tiotropium), Seebri (Glycopyrronium), Tudorza (Aclidinium), Incruse (Umeclidinium)	24
Dual Long-acting Bronchodilators	Ultibro (Indacaterol/Glycopyrronium), Anoro (Umeclidinium/Vilanterol), Duaklir (Aclidinium/Oxeze), Inspiroto (Tiotropium/Olodaterol)	24
Daily controller medication with a long-acting bronchodilator	Advair MDI and Diskus (Fluticasone Propionate/Salmeterol) Symbicort (Budesonide/Oxeze), Zenhale (Mometasone/Oxeze), Breo (Fluticasone Furoate/Vilanterol)	24
Anti-leukotriene tablets	Singulair (Montelukast)	24
Daily controller medication	Flovent MDI and Diskus (Fluticasone Propionate), Pulmicort (Budesonide), Alvesco (Ciclesonide), Qvar (Beclomethasone),	DO NOT STOP
	Oral tablet	Prednisone

Please postpone testing if:

- you have had any respiratory infections within the last 3 weeks
eg. flu, pneumonia, severe cold
- you have had any ear infections or problems in the last 3 weeks
(ear discomfort may be experienced during a forceful exhalation)

References:

Coates, A. L., Graham, B. L., McFadden, R. G., McParland, C., Moosa, D., Provencher, S, Road, J. (2013, January/February). Spirometry in primary care. *Can Respir J*, 20(1), 13-22.