

NORTH YORK PULMONARY FUNCTION CENTER

PATIENT PREPARATION SHEET – PULMONARY FUNCTION TESTING

1. For all routine pulmonary function test (PFTs) you will be asked to perform a series of breathing manoeuvres. If requested by your physician, a medication that may open your airways may be administered to you.
2. Your test may take up to 60 minutes.
3. Patient should **NOT** take any breathing medication prior to the test adhering to the withholding time listed below under RTN PFTs. Unless otherwise advised by your physician to do so. If you are symptomatic and need your breathing medication, take it, and advise the pulmonary tech at your appointment. Take all your other medications as usual.
4. If you have been booked for methacholine challenge testing, (MCT) please note that the test involves inhaling a drug preparation that may irritate your airways. You will be given a medication that will reverse the irritation within minutes. Please **DO NOT TAKE** your breathing medications, please follow withholding time listed below under MCT. You will be asked to sign a consent form prior to starting the test.

Breathing Medication Withholding Time

INHALED MEDICATIONS	RTN PFTs	MCT
	Withholding time	Withholding time
SABA	6 hrs	8 hrs
SAMA	12 hrs	12 hrs
LABA	24 hrs	36 hrs
Ultra-LABA	36 hrs	48 hrs
LAMA	48 hrs	at least 1 week
ICS	not withheld	not withheld
ORAL MEDICATIONS		
Corticosteroids	not withheld	not withheld
Leukotriene modifiers	not withheld	not withheld
Theophyllines		
liquid	not withheld	12 hrs
intermediate-acting	not withheld	24 hrs
long-acting	not withheld	48 hrs
Anti-histamines	not withheld	not withheld
PDE4 inhibitors ¹	not withheld	not withheld

SABA		SAMA		LABA		Ultra-LABA	
Trade Name	Generic Name	Trade Name	Generic Name	Trade Name	Generic Name	Trade Name	Generic Name
Ventolin	salbutamol	Atrovent	ipratropium	Oxeze	formoterol	Onbrez	Indacaterol
Bricanyl	terbutaline			Serevent	salmeterol	see ²	Vilanterol
						see ²	Olodaterol
LAMA		Leukotriene modifiers		ICS (inhaled corticosteroids)		Cromones	
Trade Name	Generic Name	Trade Name	Generic Name	Trade Name	Generic Name	Trade Name	Generic Name
Spiriva	tiotropium	Singulair	montelukast	Flovent	Fluticasone	Intal	cromoglycate
Incruse	umeclidinium			Arnuity	Fluticasone	Fivent	nedocromil
Tudorza	aclidinium			Pulmicort	Budesonide		
Seebri	glycopyrronium			QVAR	Beclomethasone		
				Asmanex	Momethasone		
				Alvesco	Ciclesonide		

¹ Daxas (roflumilast).

² These medications do not exist as a mono therapy in Canada; Vilanterol is a LABA component of Anoro and Breo.

Abbreviation: **SABA**: Short-acting beta-agonist, **SAMA**: Short-acting muscarinic agents, **LABA**: Long-acting beta-agonist,

Ultra-LABA: Ultra long-acting beta-agonist, **LAMA**: Long-acting muscarinic agents.

5. Please bring a list of all your medication you are taking to your appointment.
6. Smoking should also be avoided at least 4 hours prior to your scheduled test.
7. If you are unable to keep your appointment, contact our office as soon as possible to rebook. We require **48 hours notice** of cancellation so that another patient can be scheduled. Failure to provide 48 hours cancellation notice will result in a missed appointment fee of \$100 that must be paid before you can reschedule. This cancellation fee is not covered by OHIP.
8. To reschedule an appointment or inquire about any test you are booked for please contact our booking office at 416-636-6664.
9. We are located at 2 Champagne Drive, Unit B21, Toronto, Ontario within the Champagne Centre. We are two blocks west of Dufferin Street on the south side of Finch Avenue. Please enter through the East entrance by the parking lot.
10. Parking is free of charge.

YOUR TEST IS BOOKED FOR:

AT _____

