

Patient Name	Appointment Date	Appointment Time
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# INSTRUCTIONS

(Please Read Carefully)

## Spirometry, Peak Flow Monitoring, and Pulmonary Function Testing: (This test takes about 45 minutes))

You **MAY NOT** take:

- ◆ any inhaled, short-acting bronchodilators (Ventolin and Airomir) for 8 hours before the test
- ◆ Serevent, Advair, Oxeze, Symbicort products for 18 hours before the test
- ◆ Aminophylline, Spiriva or similar products for 24 hours before the test

## Methacholine Challenge Testing: (This test takes about one hour)

This test is to determine whether you have asthma. You will be asked to inhale gradually increasing strengths of Methacholine mist. Between each inhalation, breathing tests will be done. You may not have this test if you are pregnant.

In preparation for the test, please note the following about your medications:

1. You **MUST** continue to take all steroids, as prescribed.

2. You **MAY NOT** take:

- ◆ any inhaled, short-acting bronchodilators (i.e., Ventolin, Airomir) for 8 hours before the test
- ◆ Serevent, Advair, Oxeze, Symbicort products for 18 hours before the test
- ◆ Accolate, Singulair, Aminophylline, Spiriva or similar products for 24 hours before the test

3. Please **TAKE** all your other medications in the usual manner unless you are told not to by the doctor who ordered the test.



### IMPORTANT!

*If shortness of breath bothers you when you stop taking your medications, please begin taking them again in the usual manner and notify the Respiratory Therapy Department before your appointment.*

### Remember:



- ❶ If you have any queries about your medications, please do not hesitate to call the Respiratory Therapy Department:

Georgetown: ☎ 905-873-0111 ext. 8528    Milton: ☎ 905-878-2383 ext. 7695    Oakville: ☎ 905-338-4679

- ❷ Any patients arriving later than 15 minutes past the scheduled appointment time will have to be re-booked.
- ❸ If you are unable to keep your appointment, please notify us 24 hours prior to the test:

Georgetown: ☎ 905-873-0111 ext. 8528    Milton: ☎ 905-878-2383 ext. 7695    Oakville: ☎ 905-338-4679

Thank You