

TEXAS REGIONAL ASTHMA AND ALLERGY CENTER, L.L.P.

Board Certified specialists in allergy, asthma, immunology, and respiratory disorders

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PATIENT PREPARATION PRIOR TO PULMONARY LABORATORY TESTING

1. Arrive 15 mins early (if 20 min late you may need to reschedule for your appointment).
2. Avoid taking bronchodilator (inhalers and respiratory medications) for 12 hours prior to testing. Examples of some bronchodilators include: Proventil, Albuterol, Ventolin, Proair, Atrovent, Xopenex, and Combivent.
3. Hold Corticosteroid and/or combination drugs/inhalers for 24 hours. Examples of some are Advair, Flovent, Symbicort, Asmanex, Dulera, QVAR, Incruse, Seebri, Spiriva, Tudorza, Arnuity, and Pulmicort.
4. Stop taking Anoro, Bevespi, Stiolto, Utibron, Trelegy inhalers for 48 hours prior to testing.
5. Stop taking Singulair (Montelukast) 24 hours prior to testing.
6. Don't drink caffeinated beverages (theobromines) or chocolate before testing.
7. Don't drink alcohol 4 hours before testing.
8. Avoid smoking for 4 hours before the test.
9. Don't have a heavy meal before testing (2-4 hours prior is suggested to prevent vomiting); if having a metabolic study fast for 8 hours.
10. Do not wear any tight clothing.
11. Avoid strenuous exercise 30 minutes before testing.
12. Consult your Physician for any other medication questions.