



SYDNEY WEST

RESPIRATORY & SLEEP CENTRE

Lung Function Test - Patient Information Sheet

How Do I Prepare for the Lung Function Test? – Prior to the Appointment Date

- Please ensure you have a valid referral from your GP or specialist.
- Please fill out the contraindication screening questionnaire. Return the completed questionnaire either by fax (02 9687 6321) or email (reception@sydwestresp.com.au) as soon as possible.
- You will be unable to attend the test if you have any NEW symptoms of fever, short of breath, runny nose, nausea/vomiting, cough, loss of smell, muscle pain, diarrhoea, sore/scratchy throat, loss of taste, joint pain, loss of appetite 48 hours before your scheduled appointment. If so, please contact us on 02 9633 2337 as soon as possible to reschedule the appointment.
- You will need to have performed a rapid antigen test for COVID-19 within 24 hours or a COVID-19 PCR test within 48 hours of the lung function test appointment.
- **Ensure you have met the recommended withholding period for the puffers you are on (see reverse page). If you are not certain or are concerned about the withholding of your puffer, please contact our staff to discuss this further.**

How Do I Prepare for the Lung Function Test? – On the Date of Appointment

- Avoid smoking on the day of the test.
- Do not consume alcohol for at least 4 hours prior to the test.
- Avoid rigorous exercise for at least 30 minutes prior to the test.
- Avoid wearing clothing which substantially restricts full chest and abdominal expansion.
- Refrain from eating a substantial meal for at least 2 hours prior to the test.
- Ensure you have performed a rapid antigen test for COVID-19 within 24 hours or a COVID-19 PCR test within 48 hours of the lung function test.
- Please arrive at least 15 minutes prior to the time of the appointment.



SYDNEY WEST

RESPIRATORY & SLEEP CENTRE

Medication Withholding Periods for Lung Function

Test

Timeframe Prior to Lung Function Test Not to Take Medication	Class of Medications	Name of Medications
8 hours	Short acting beta 2 adrenoceptor agonist (SABA)	<input type="checkbox"/> Salbutamol (Ventolin) <input type="checkbox"/> Terbutaline (Bricanyl)
	Short acting muscarinic acetylcholine antagonist (SAMA)	<input type="checkbox"/> Ipratropium (Atrovent)
12 hours	Long Acting beta2 adrenoceptor agonist (LABAs) alone or in combination	Salmeterol <input type="checkbox"/> Seretide Formoterol /Eformoterol <input type="checkbox"/> Symbicort <input type="checkbox"/> Flutiform <input type="checkbox"/> Trimbow <input type="checkbox"/> Brimica
	Long acting muscarinic acetylcholine antagonist (LAMAs)	Tiotropium <input type="checkbox"/> Spiriva Glycopyrronium <input type="checkbox"/> Trimbow <input type="checkbox"/> Seebri Umeclidinium <input type="checkbox"/> Incruse Acridinium <input type="checkbox"/> Bretaris
24 hours	Leukotriene receptor antagonists	<input type="checkbox"/> Monteleukast
	Ultra LABAs	Olodaterol <input type="checkbox"/> Spiolto Vilanterol <input type="checkbox"/> Breo <input type="checkbox"/> Anoro <input type="checkbox"/> Trelegy Indacaterol <input type="checkbox"/> Onbrez <input type="checkbox"/> Ultibro