

# NH Pulmonary Diagnostic Services

## PATIENT INSTRUCTIONS

**Test type:** **Spirometry (Pre and Post Bronchodilator) or Detailed Pulmonary Function Test**

**Test time:** Arrive 20 minutes early to allow for parking and checking in.

**Check in:** Report to patient registration/information for direction to testing area.

Please be sure to follow the instructions below as failure to do so could result in your test having to be cancelled and rebooked:

- All patients are required to provide a Care Card or other form of ID for check in. We will need to confirm that the information we have for you is current and correct.
- Hospitals and Health Centers are scent free environments. Please do not use or wear any scented products (perfume, cologne, after shave, etc.) This can impact the health of other people.
- Wear your regular clothing attire, there will be no exercising, so no gym wear is needed. You will be doing some breathing patterns so do not wear any clothing that restricts your ability to breathe.
- Do not smoke/vape any substances or exercise one hour prior to testing.
- Do not consume any intoxicants (alcohol, marijuana, or recreational drugs) 8 hours prior to testing.
- No large meals 2 hours prior to testing. A snack or regular meals are acceptable.
- Please use the washroom prior to testing.
- Please note:
  - Spirometry test takes 30–45 mins
  - Detailed Pulmonary Function test takes 60 mins
  - You will be completing only one of these tests, not both (instructions are the same for both tests)

Please Avoid the following Medications before your test:

Time Before Test	Medication Type
4–6	Salbutamol, Apo-Salvent, Ventolin, Bricanyl, Berotec, Airomir, Combivent
12	Atrovent
24	Foradil, Oxeze, Serevent, Advair, Symbicort, Zenhale
36	OnBrez, Breo
48	Spiriva, Incruse, Seebri, Turdorza, Inspiolto, Anoro, Ultibro, Duaklir, Trelegly, Breztri
1 week	Spiriva, Incruse, Seebri, Turdorza, Inspiolto, Anoro, Ultibro, Duaklir, Trelegly, Breztri

If you need to cancel/rebook your testing appointment, please contact your testing site:

Testing Site	Phone Number
Fort St John Hospital	250.261.7499
Dawson Creek and District Hospital	250.782.8501 Ext: 742255
Prince George UHNBC	250.645.6314
Quesnel, G.R. Baker Memorial Hospital	250.991.7588
Vanderhoof, St John Hospital	250.567.6240
Fraser Lake Community and Health Centre	250.699.6225
Smithers, Bulkley Valley District Hospital	250.847.6227
Hazelton, Wrinch Memorial Hospital	250.842.4442
Terrace, Ksyen Regional Hospital	250.638.4046
Kitimat General Hospital	250.632.8331
Prince Rupert Regional Hospital	250.622.6305
Burns Lake, Lakes District Hospital and Health Center	Future testing site
Fort St James, Stuart Lake Hospital	Future testing site