

Speciality Test Instructions:

IF YOU ARRIVE **15 MINUTES LATE** FOR YOUR SCHEDULED APPOINTMENT TIME, YOUR APPOINTMENT WILL **BE RESCHEDULED**

- Please arrive 15 minutes prior to your scheduled appointment to complete a patient questionnaire
- Please wear easily removable footwear
- Please bring all current respiratory medication(s) or an up-to-date medication list
- No smoking 1 hour before test
- No alcohol prior to testing

Bronchial Provocation Testing (Methacholine Challenge) Instructions
THE USE OF PUFFERS WILL RESULT IN THE TEST BEING RESCHEDULED

If currently taking one of the following medications please hold for the indicated amount of time prior to your **Methacholine Challenge**:

Avoid the following on the morning of the test:

- Airmoir/ Ventolin (Salbutamol, Atrovent (Ipratropium), Bricanyl (Terbutaline), Berotec (Fenoterol),
- Caffeine (coffee, tea, cola drinks, chocolate), Combivent

Please hold for 36 hours prior to your scheduled test time:

- Accolate (Zafirlukast), Advair, Breo, Onbez, Singulair (Montelukast), Symbicort, Zenhale

Please hold for 72 hours prior to your scheduled test time:

- Anoro, Duaklir, Incruse, Inspiroto, Seebri, Spiriva (Tiotropium), Tudorza, Ultibro

There is no need to stop the following Respiratory medications:

- Inhaled Corticosteroids (Flovent, Pulmicort, Qvar, Asmanex, Arnuity)
- Intranasal Corticosteroids (Rhinocort, Flonase, Nasonex)
- Oral Corticosteroids (Prednisone, Prednisolone, Deltasone)

Exertional Hypoxemia Testing
PATIENTS PLEASE READ INSTRUCTIONS CAREFULLY

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- Please bring a family member or friend to this appointment as their help may be needed for the test
- If you currently use walking aids such as a walker or cane, please bring them along to this test
- Please wear comfortable shoes and clothes

For your convenience, please park in the South Building Parking Lot

Please check in with Ambulatory Care Reception located on the Ground Floor of the South Building Zone A

For results or to rebook your appointment, please call 519-631-2020 Ext. 2378