

## Patient Instruction for Cardiorespiratory Services

**Pulmonary Function Testing** is a breathing test that measures your lung function. Your physician may also request that the test to be done following inhalation of a medication called Ventolin.

Length of Appointment: 20 to 40 minutes

*Bring a **current list of Medications**. We may not be able to proceed with your test without it.*

*You may eat before the test, but avoid heavy meals.*

**Do not smoke** the day of the test.

*No alcohol or caffeine for 4 hours before the test.*

*Please do not take your inhalers 6 hours before test.*

*Do not wear lipstick.*

**Spirometry** is a common diagnostic test used to assess how well your lungs work by measuring how much air you inhale, how much you exhale and how quickly you exhale. Inhalation of a medication called Ventolin may be requested by your physician.

Length of Appointment: 15 to 30 minutes

Instructions same as above except: **Do not smoke 1 hour before the test.**

**Methacholine Challenge** is a special breathing test which will help show how sensitive your airways are. You will be asked to inhale different doses of the medication Methacholine and be given Ventolin at the end of the test.

Length of Appointment: 1 hour

*Bring a **current list of Medications**. We may not be able to proceed with your test without it.*

*You may eat before the test, but avoid heavy meals.*

**Do not smoke** the day of the test.

*No alcohol or caffeine for 4 hours before the test.*

*Do not wear lipstick.*

*DO NOT TAKE – Ventolin (Salbutamol), or Bricanyl for 8 hours before test.*

*DO NOT TAKE – Singulair or Accolate 24 hours before test.*

*DO NOT TAKE – Advair, Symbicort, Spiriva, Oxeze for 48 hours before test.*

*DO NOT TAKE – antihistamines for 3 days before test.*

*DO NOT TAKE – Beta Blockers (only with permission from a physician) 3 days prior to test.*

*DO TAKE – all your medications as you normally do, unless told by your physician.*

**Cardiac Stress Test** will test your heart while doing exercise. You will be walking on a treadmill.

Length of Appointment: 30 to 60 minutes

*Bring a **current list of Medications**. We may not be able to proceed with your test without it.*

*You may eat before the test, but avoid heavy meals.*

**Do not smoke** the day of the test.

*No alcohol or caffeine for 4 hours before the test.*

*Wear suitable clothes and footwear for exercise.*

**Do not apply** any body lotion or oil to your chest area the day of your test.

**Cardiac Loop Monitor** is a heart monitor that will be worn continuously for **2 weeks**.

Length of Appointment: 30 minutes

*Please wear loose comfortable clothing so that the monitor can be worn easily under your clothes.*

**Do not apply** any body lotion or oil to your chest area the day of your test.

**Holter Monitor** is a heart monitor that will be worn continuously for **24 – 48 hours**. You will not be able to shower during this time. You will be asked to keep a diary of your activities.

Length of Appointment: 30 minutes

*Please wear loose comfortable clothing so that the monitor can be worn easily under your clothes.*

**Do not apply** any body lotion or oil to your chest area the day of your test.

**Ambulatory Blood Pressure Monitor** will be worn continuously for **24 hours**. This test is NOT covered by OHIP, so it is necessary to be prepared to pay for this test.

*You should wear loose clothing and a short-sleeved shirt, if possible, so that the blood pressure cuff and monitor can be worn easily.*

**Electrocardiogram (ECG/EKG)** is a simple, painless test that records the heart's electrical activity.

*Do not apply any body lotion or oil to your chest area the day of your test.*

**Arterial Blood Gas (ABG)** is a blood test taken from the artery in your wrist. This is a special blood test that is not done in the lab but by a trained respiratory therapist. You will be told where to go when you register.