

Pulmonary function test Spirometry and bronchodilatation test

The test is a breath test to examine lung volume and the flow of exhaled air.

Please, book an appointment for the test in advance; the test will take approximately 30-60 minutes.

The test should not be done during a respiratory infection (e.g. flu, cold) or within two weeks after such.

Before the test, please avoid

- smoking for 2 hours (including electric cigarette)
- drinking coffee, tea, cola beverages or any energy drinks or a substantial meal for 4 hours (but not fasting)
- alcoholic drinks for 1 day

In addition, avoid physical exercise for around two hours before the examination.

The examination can be performed only approximately two weeks after any respiratory infection has cleared up.

Medication

Your referring physician decides the pause off medication before test (see the list attached).

Take medication prescribed for other than respiratory illnesses (for example heart, blood pressure) as normal.

Enquiries and booking:

Medical Center Mehiläinen

Switchboard 010 414 0112

Customer service 010 414 0200

Time of examination: Date _____ Time _____

When examining the ventilation function without the interference of medication, the patient should discontinue medication prior to lung function test as follows.

Spirometry, methacholine test and nitric oxide examination

<p>SYMPATOMIMETICS <i>Short-acting:</i> 12 h Adrenalin, Epipen Bricanyl Buventol Ventoline</p> <p><i>Long-acting:</i> 48 h Formoterol Oxis Serevent</p> <p>7 days Onbrez Striverdi</p> <p>ANTIKOLINERGICS <i>Short-acting:</i> 24 h Atrovent</p> <p><i>Long-acting:</i> 2 days Eklira 3 days Incruse 4 days Spiriva 12 days Seebri</p> <p>ANTIKOLINERGICS + SYMPATOMIMETICS <i>Short-acting:</i> 24 h Atrodual Atrovent comp Ipratropium/salbutamol</p> <p><i>Long-acting:</i> 48h Duakril 3 days Anoro 7 days Inspiolto 12 days Ultibro</p> <p>LEUKOTRIENE ANTAGONISTS 3 days Accolate Montelukast Singulair</p> <p>THEOFYLLINES 3 days Aminocont Retafyllin Theofol and Theofol comp.</p>	<p>CORTICOSTEROIDS <i>4 weeks</i>, if the disturbing effect of steroids needs to be excluded 4 weeks Alvesco Asmanex Beclomet Budesonid Flixotide Fluticason Hydrocortison * Medrol * Novopulmon Prednisolon * Prednison * Pulmicort Solomet *</p> <p>* only if used against asthma or COPD</p> <p>CORTICOSTEROIDS AND LONG-ACTING SYMPATOMIMETICS <i>Discontinue 48 or 72 hours</i> prior to the study, if the effect of sympatomimetics is concerned, but <i>4 weeks</i>, if the disturbing effect of steroids needs to be excluded)</p> <p>48 h or 4 weeks Bufomix Flutiform Innovair Salfumix Salmeterol/Fluticason Seretide Symbicort</p> <p>72 h tai 4 weeks Relvar</p> <p>CORTICOSTEROIDS + ANTIKOLINERGICS + SYMPATOMIMETICS <i>Discontinue 3 or 12 days</i> prior to the study, if the effect of antikoenergic or sympatomimetics is concerned, but <i>4 weeks</i>, if the disturbing effect of steroids needs to be excluded</p> <p>3 days or 4 weeks Trelegy</p> <p>12 days or 4 weeks Trombow</p> <p>NEDOCROMIL 24 h Tilade</p> <p>OTHER ANTI-INFLAMMATORY MEDICINES 5 days Daxas</p> <p>COUGH MEDICINES 3 days All</p> <p>EFEDRINE 12 h Efedrin</p>
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