**Avoid** the following:

* Smoking 1 (one) hour before testing.
* Consuming alcohol 4 (four) hours before testing.
* Exercising 30 (thirty) minutes before testing.
* Wearing clothing that substantially restricts full chest and abdominal expansion. Examples include tight belts and bras.
* Taking any bronchodilator medication(s) 12 (twelve) hours prior to testing (with physician approval/notified).
	+ Albuterol (Proventil® HFA, Ventolin® HFA, ProAir®HFA, Accuneb®).
	+ Levalbuterol (Xoponex® HFA, Xoponex® nebulizer solution).
	+ Albuterol and ipratropium bromide combination (DuoNeb® solution, Combivent Respimat®).
* Excessive caffeine consumption if possible.
* Eating heavy meals 2 (two) hours prior to testing.

**Notify** your Respiratory Therapist of the following:

* If you have ever perforated your eardrum. (Ear plugs are available in the clinic.)
* If you have had a respiratory illness in the past 30 days.
* If you have had a heart attack or stroke in the past three months
* If you have ever had a large aneurysm of a major vessel.
* If you have ever had a major head injury.
* If you have had eye surgery recently.

**Please be advised:**

If you have not met these criteria your pulmonary function test may be rescheduled.