



Lung Function Testing Preparation

Lung function testing is an important tool for assessing the health of your respiratory system. There are three main types of tests you will do at NBST:

1. Spirometry
2. FENO testing
3. Lung Function testing

These are to be performed to assess different types of conditions and require very specific preparation to ensure our data is representative. Here is a guide on how to prepare for your test at NBST.

Spirometry & Lung Function Testing

To prepare for spirometry please **do not take your normal reliever puffers for four hours prior to testing** unless you absolutely need to. Medications included are Ventolin, Bricanyl, Atrovent, Respolin & Asmol. In this test we want to assess how obstructed/constricted your airways are before you take any medication. Please do not smoke the day of your test.

FENO Testing

For FENO testing we want to measure a very sensitive particle of gas so we will ask you to be even more careful with what you put into your body before testing. Please **do not consume any food or drink for one hour prior to testing**. Certain foods and drinks can alter the levels of this gas in your breath so we will ask you to **not consume anything on this list the day of your test**:

| Vegetables | Fruits | Meats | Other |
|-------------------|---------------|--------------|-------------------|
| Spinach | Citrus fruits | Ham | Carbonated drinks |
| Lettuce | Strawberries | Bacon | Juices |
| Beetroot | Currants | Salami | Alcohol |
| Celery | Raspberries | | Caffeine |
| Chervil | Cherries | | Vitamin C tablets |
| Radish | Gooseberries | | |
| Turnips | | | |
| Carrot | | | |

Do not engage in exercise or use your corticosteroid inhaler prior to the breathing test. Your corticosteroid inhaler will dampen the inflammation we are trying to measure and may underestimate the severity of your airway inflammation.



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If you are unsure on what you should and shouldn't take, please see the table below.

| Preventers (Corticosteroid) |
|---|
| Do not take prior to FENO |
| <ul style="list-style-type: none">• Fluticasone (Flovent HFA, Arnuity Ellipta, others)• Budesonide (Pulmicort Flexhaler)• Mometasone (Asmanex Twisthaler)• Beclomethasone (Qvar RediHaler)• Ciclesonide (Alvesco)• Fluticasone and salmeterol (Advair Diskus, AirDuo Digihaler, others)• Budesonide and formoterol (Symbicort)• Mometasone and formoterol (Dulera)• Fluticasone and vilanterol (Breo Ellipta) |