

# Georgetown Pulmonary Associates, PA

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## Instructions for Pulmonary Testing

**\*\*Please follow the appropriate instructions\*\***

### Pulmonary Function Testing

1. No smoking for 4 hours prior to the test.
2. No inhaled lung medications for 4 hours prior to the test, unless otherwise instructed by your pulmonary physician. Continue all other medications.
3. A light meal 2 hours prior to the test is permissible.
4. No caffeine 4 hours before the test.

### Pulmonary Function Testing with Diffusion Capacity

1. No smoking for 24 hours before the test.
2. No inhaled lung medications for 4 hours prior to the test, unless otherwise instructed by your pulmonary physician. Continue all other medications.
3. Avoid alcohol for 12 hours before the test.
4. A light meal 2 hours prior to the test is permissible.
5. No caffeine 4 hours before the test.

### Six Minute Walk

1. Wear comfortable clothes and shoes. Your exercise test will be done on a hallway walk.
2. Avoid heavy exercise for at least 2 hours prior to the test.
3. No smoking for 6 hours before the test.
4. A light meal 3 hours prior to the test is permissible.
5. No caffeine 4 hours before the test.

**\*\*\*Please - No Perfumes/Colognes\*\*\***

**\*\*If you have questions or need to reschedule, please call [\(512\) 819-0132](tel:5128190132)\*\***  
Failure to give 24 hours' notice of rescheduling/cancellation will incur a \$50 fee