



TRUENORTH

RESPIRATORY

Thank you for booking your Spirometry (lung function test) appointment.

Your appointment is:

This breathing test, requested by your physician, takes approximately 1 hour. This is a painless test that measures how fast you can blow the air out of your lungs and the volumes of air you can inhale.

This test cannot be performed if you are unwell. Please call to reschedule if you are sick.

Please review the following information carefully as your appointment may need to be rescheduled if the instructions are not followed:

Important Instructions

- No smoking (any substance) within **1 hour** of the appointment
- No intoxicants within **8 hours** of the appointment
- Wear **loose fitting clothing** that allows you to take deep breaths
- No vigorous exercise **1 hour** before your test
- Do not eat a large meal **1 hour** before your test

MEDICATIONS

Some of your inhaled medications (puffers) should not be taken before this test. **Please carefully review the list on the back of this page** for your medications and withhold times, and connect with your pharmacist or our clinic with any further questions.

Please contact our clinic as soon as possible if you need to cancel or reschedule your appointment, or if you have any questions about the instructions for your appointment.

Location: 151 Industrial Road, Unit 1

We are at the corner of Industrial Rd and Calcite Rd. It is a long thin building with a red roof. All of the businesses face Calcite Road. If you get to Raven Recycling, you have passed our clinic.

- The Spirometry Team at TrueNorth Respiratory

Unit 1 – 151 Industrial Road – Whitehorse, YT – Y1A 2V3

Phone: (867)667-7120 Ext 2 – Fax: (867)667-7103 – spiro@truenorthrespiratory.com

Bronchodilator Medication	Withholding Time
SABA <ul style="list-style-type: none"> Ventolin (Salbutamol) Bricanyl (Terbutaline) Airomir (Salbutamol) 	4-6 h
SAMA <ul style="list-style-type: none"> Atrovent (Ipratropium Bromide) Combivent "Respimat" (Ipratropium Bromide/Salbutamol) 	12 h
LABA <ul style="list-style-type: none"> Symbicort "Turbuhaler" (Budesonide/Formoterol) Serevent (Salmeterol) Striverdi "Respimat" (Olodaterol Hydrochloride) Onbrez "Breezhaler" (Indacaterol Maleate) Foradil "Aerolizer" (Formoterol) Oxeze (Formoterol) Zenhale (Mometasone/Formoterol) Advair (Fluticasone/Salmeterol) 	24 h
Ultra-LABA <ul style="list-style-type: none"> Anoro "Ellipta" (Umeclidinium/Vilanterol) Duaklir "Genuair" (Aclidinium/Formoterol) Inspiro "Respimat" (Tiotropium/Olodaterol) Ultibro "Breezhaler" (Glycopyrronium/Indacaterol) Breo "Ellipta" (Fluticasone/Vilanterol) 	36 h
LAMA <ul style="list-style-type: none"> Spiriva "Handihaler" (Tiotropium Bromide) Spiriva "Respimat" (Tiotropium Bromide) Incruse "Ellipta" (Umeclidinium Bromide) Seebri "Breezhaler" (Glycopyrronium Bromide) Tudorza "Genuair" (Aclidinium Bromide) Trelegy 	36-48 h

ICS continuing taking as prescribed

- Alvesco (Ciclesonide) DO NOT WITHHOLD
- Flovent(Fluticasone) DO NOT WITHHOLD
- Pulmicort (Budesonide) DO NOT WITHHOLD
- QVAR (Beclomethasone) DO NOT WITHHOLD
- Asmanex "Twisthaler" (Mometasone) DO NOT WITHHOLD
- Arnuity "Ellipta" (Flucasone) DO NOT WITHHOLD