



Avoid all forms of caffeine on the day of your test.

- You will keep exercising until you reach your *maximum* exercise *limit*. This is the point where you feel you need to stop.
- A pulmonary technician and a doctor will be with you during your test.
- Your knees and legs will feel “rubbery” (weak) after exercising. For your safety, take the elevator instead of the stairs.

How should I prepare?

Medicines

- Please take your medicines as usual the day of the test, unless your doctor tells you not to.
- Bring a list of all medicines that you take with you to the test.

What to Wear

- Do **not** use any creams, powders, or bath oils on your skin the day of the test.
- Please wear or bring clothing and shoes that you would wear for exercising.
 - You may want to wear a loose-fitting top and pants and comfortable rubber-soled flat shoes, such as running shoes.
 - Do **not** wear a dress or skirt.
- If you arrive in your exercise clothes, you may want to bring other clothes put on after your test.

Diet

- You may eat a light meal (toast, soup, or small muffin) up to 2 hours before the test.
- On the day of your test, avoid:
 - Smoking
 - Alcohol
 - Foods that have caffeine such as coffee, tea, cola, chocolate, and energy drinks and energy bars

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Lung Function Testing:
206.598.4265

After hours and on weekends and holidays, call 206.598.6190 and ask for the Pulmonary Fellow on call to be paged.