

Methacholine Challenge Test (30-60 mins)

This is a test to measure the sensitivity of the airways by inhaling different concentrations of Methacholine Mist. If you develop chest tightness or coughing, you will be given a puffer to relieve the symptoms. The puffer (a bronchodilator) works quickly to provide relief. **If you are booked for this test, please ask your doctor or our laboratory for a separate instruction brochure.**

Exercise Oximetry (20-45 mins)

This test is to measure your exercise capacity and oxygen level while you are walking on the treadmill or walking in the hallway. You may be asked to see how far you can walk in 6 minutes. Wear suitable clothing and shoes for exercise.

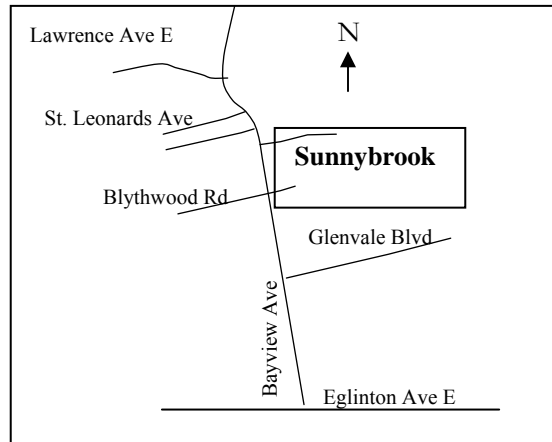
Exercise-Induced

Bronchoconstriction (45 mins)

This test is to measure your breathing before and after fast running on the treadmill for 6 mins while your heart rate and oxygen level are monitored. Wear suitable clothing and shoes for exercise. **Do not do any exercise on the day of your appointment. Do not take any puffer 1-2 days before your appointment.** A bronchodilator puffer will be given to you if you feel your chest feels tight after the exercise.

How to Find us:

We are located on the East side of Bayview Avenue between Lawrence Avenue and Eglinton Avenue.



By TTC

TTC buses run from Lawrence and Davisville subway stations and stop outside M-Wing, the main entrance to the hospital.

Bayview 11 bus: runs from Davisville subway to Sunnybrook

Lawrence 124: runs from Lawrence subway to Sunnybrook.

For times and schedules, call the TTC at 393-INFO.

Driving

The hospital is located at 2075 Bayview Avenue, two traffic lights north of Eglinton Avenue East and three lights south of York Mills Road, south of Hwy 401.



Sunnybrook Health Sciences Centre

www.sunnybrook.ca

Pulmonary Function Laboratory

D-Wing, 6th Floor, Room 670
2075 Bayview Avenue, Toronto,
Ontario. M4N 3M5
Phone: (416) 480-4427
Fax: (416) 480-4186

Preparing

For a

Pulmonary Function

Test

Appointment Date:

_____/_____/_____
(yyyy mm dd)

Appointment Time:

A.M./P.M.

Welcome to the Pulmonary Function Laboratory at the Sunnybrook Health Sciences Centre.

Your doctor has requested a Pulmonary Function Test for you. If your doctor gave you the Requisition form and asked you to make the appointment by yourself, please phone our Laboratory with the following information ready.

- Patient's name, Date of birth and Health Card Number, Home Address and Telephone number
- Test(s) requested on the Requisition

You may fax the Requisition to us with your daytime phone number. We will call you back with the appointment date and time. You **MUST** bring the original Requisition and Health card on the day of your appointment

General Preparations

- Fasting is not required, but avoid eating a heavy meal at least 2 hours before test.
- Wear loose comfortable clothing.
- Do not smoke at least **ONE** hr before test.
- If you are unable to follow verbal instruction in English, come with your own interpreter.
- Postpone this test if you have a flu, fever, severe headache or diarrhea.
- If you are unable to keep the appointment, please call the Laboratory at **(416) 480-4427** immediately.

- Please **ARRIVE** for your appointment on time. (*Your test may be delayed or re-scheduled for late arrival.*)

What is a Pulmonary Function Test?

The Pulmonary Function Test, also commonly known as a Breathing Test, is designed to measure how well your lungs are working. You will be asked to breathe in and out through different machines, just as if you were blowing up a large balloon or blowing out a dozen candles all in one breath. The results will provide an objective assessment of your lung functions to your doctor, to confirm or rule out a diagnosis, to evaluate effectiveness of current treatment or other information. A complete test usually takes about **ONE HOUR** plus any addition test your doctor requested.

Pulmonary Function Test includes one or any combination of the following:

- Spirometry with or without use of a bronchodilator
- Lung Volumes, Diffusion Capacity
- Respiratory Muscle Strength
- Methacholine Challenge
- Exercise Oximetry
- Exercise-induced Bronchoconstriction

Spirometry with or without Bronchodilator (15-30 mins)

You will be asked to blow into a machine as fast and as hard as you possibly can.

Your doctor may want to know whether a puffer (bronchodilator) helps your breathing, especially if this is your first time. **Unless you received a specific instruction from your doctor and your breathing condition is able, you should not take any bronchodilator medication before the test: 4 hrs for Ventolin and Atrovent, etc; 12 hrs for Symbicort, Advair and Spiriva, etc.** This test will take about 15 mins (30 minutes if before and after bronchodilator testing is requested). Please talk to your doctor or call our Laboratory if you have any concerns.

Lung Volumes (10-20 mins)

This is a test to measure the size of your lungs.

Diffusing Capacity (10-15mins)

This is a test to measure how fast oxygen gets into your blood. You will be asked to breathe in a test gas and hold your breath for about 7 seconds and then blow out the gas from your lungs for analysis. This test is sensitive to carbon monoxide in your lungs; you should not smoke at least 4 hrs before the test.

Respiratory Muscle Strength (10 mins)

This is a test to measure the strength or power of your breathing muscles. You will be asked to blow out or breathe in as hard as you can against a blockage.