**PATIENT INSTRUCTIONS FOR SPIROMETRY ± FENO TESTING**

An appointment has been made for you to attend the Tasmanian Lung Centre for spirometry ± FeNO.

**Instructions for Patient**

**Start 24 hours prior (count-down)**

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| **24 hours** | Withhold: (*unless instructed to take medications as usual*)  Symbicort, Flutiform, Seretide, Breo, Oxis, Serevent, Onbrez, Spiolto, Brimica, Ultibro, Anoro, Trelegy. |
| **6 hours** | Withhold: (*unless instructed to take medications as usual*)  Ventolin, Asmol, Bricanyl,  Airomir, Atrovent, Tilade and Intal and other relievers for 6 hours prior unless urgently required |
| **4 hours** | Do not consume alcohol or caffeine within 4 hours of testing |
| **2 hours** | Do not eat a large meal within 2 hours of testing |
| **1 hour** | Do not smoke, eat or drink within 1 hour of testing |
| **30 minutes** | Do not exercise strenuously within 30 minutes of testing |

***Please do not wear restrictive clothing.***