

Pulmonary Function Department

PATIENT INSTRUCTIONS



TEST LOCATION

**Pulmonary Function
4TH Floor Royal Block
ROYAL JUBILEE**

Appointment Date:

Test Start Time: (arrive 15 minutes early)

Your Test Will Be: Spirometry or Pulmonary Function Test

Ordering Physician:

Please be sure to follow the instructions below because failure to do so could result in your test being cancelled:

- ◆ Report to the **Pulmonary Function Department** at the Royal Jubilee Hospital 15 minutes prior to your appointment start time.
- ◆ **All patients are required to provide a Care Card or other form of ID for check-in.**
We need to confirm that the information we have for you is current and correct.
- ◆ Hospitals are scent free environments. **Do not use any scented products** (perfume, hairspray, cologne, after shave, etc.). This could seriously impact the health of other patients and staff.
- ◆ Avoid caffeine (tea, coffee, chocolate, pop, etc.) for four [4] hours prior to test. You may eat as normal, avoiding caffeinated products.
- ◆ Do not smoke any substances for four [4] hours prior to test.
- ◆ You will not be exercising for either test—no need for gym wear.
- ◆ Our labs are open 8:00 am-8:00 pm Monday-Friday, and 8:30 am-4:00 pm on Saturdays.

PLEASE NOTE:

- ◆ Spirometry Test takes 30 minutes
- ◆ Pulmonary Function Test takes 60 minutes
 - You will do ONLY ONE of the above tests NOT BOTH (*instructions are the same for both tests*)

CANCELLATIONS:

We require 48 hours' notice of cancellation. Please call Shannon at 250-519-1642 for cancellations and questions.

PLEASE AVOID THE FOLLOWING MEDICATIONS BEFORE YOUR TEST:

12 Hours Before:

Do not use long-acting bronchodilators or inhaled corticosteroids (Advair, Alvesco, Breo, Flovent, Foradil, Pulmicort, Spiriva, Symbicort, etc.) **unless directed otherwise by your physician.**

4 Hours Before:

Do not use short-acting bronchodilators (Atrovent, Bricanyl, Salbutamol, Ventolin, etc.) **unless directed otherwise by your physician.**

OUR LOCATION:

We are located on the **4th floor of the Royal Block**, located at the older (original) side of the Royal Jubilee Hospital. There are 2 ways to get to us:

1. Parkade off of Bay Street at the new main entrance of the hospital (**this is the best option between 8:00 am - 5:00 pm**):
 - ◆ Enter through the D&T Centre (Diagnostic and Treatment Centre).
 - ◆ Ask the information desk where we are and they will point you in the right direction (follow signage after 5:00 pm).
 - ◆ If you require assistance, a volunteer may be available to escort you. Wheelchairs may be available upon request.
2. A closer entrance to our department is through the old main entrance off of Coronation Avenue (**this is the best option after 5:00 pm**):
 - ◆ Park in the stalls outside of the West/Royal Block entrance and use the parking machine inside the foyer.
 - ◆ After paying for parking, take your first right and there will be a bank of 4 elevators on the left. Take any one of those to the 4th floor.
 - ◆ Follow signage to the reception window.
 - ◆ **Please see the attached map for step by step directions!**

PARKING:

Parkade rates are: \$2.25 for the first hour and \$1.25 for each additional hour.

Parking machines: \$2.75 for the first 2 hours and \$1.50 for each additional hour.

Parking spaces are limited, so please give yourself plenty of time to find a spot.