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### **Preparing for your test**

- Avoid a large meal for 2 hours before your appointment.
- Avoid intense exercise before the test.
- If you haven't quit smoking yet, try not to smoke for at least 1 hour before the test.
- Avoid alcohol consumption for 4 hours before the test.
- Choose clothing that does not constrict the chest and abdomen area.

### **Safety and Hygiene in Relation to the Exams**

At **PNEUMON CENTER**, we follow the updated International Guidelines as well as the Guidelines of the Hellenic Thoracic Society.

- We interpose the necessary time between appointments.
- We implement cleaning and sterilization specified by the manufacturer after each patient.
- We take a detailed medical history with emphasis on signs and symptoms of acute respiratory infection.
- Before each respiratory function test, a Rapid test for possible Covid-19 infection is conducted in the clinic.
- In case of active infection, the appointment is canceled and rescheduled.
- Each patient is provided with a disposable antimicrobial filter and nose clip.