

CAN I HAVE CAFFEINE PRIOR TO A LUNG FUNCTION TEST?

At John Flynn Respiratory Centre we ask that patients who are undergoing lung function testing to refrain from consuming any caffeine products for 4 hours prior to their test to ensure we get an accurate reading of your lung function. We also ask you to refrain from taking your usual inhalers (puffers) if possible for the same reason.



WHY NO CAFFEINE?

Patients may ask why they can't have caffeine before a lung function test. This is because caffeine (proven by a number of studies) is a weak bronchodilator and reduces respiratory muscle fatigue. Additionally, caffeine is chemically related to the drug theophylline, which can be used to treat asthma and therefore may have an affect on your lung function results.

WHAT PRODUCTS HAVE CAFFEINE IN THEM?

FOOD OR DRINK	CAFFEINE CONTENT	SERVE
Instant Coffee	60-80mg	250mL cup
Café Coffee (e.g. latte or cappuccino)	113-282mg	250mL cup
Espresso/short black	107mg (25-214mg)	1 shot
Energy drink	80mg	250mL can
Cola	36-48mg	375mL can
Iced Coffee	30-200mg	500mL bottle
Starbucks Breakfast Blend brewed coffee	415mg (300-564mg)	600mL (" <u>Venti</u> ")
Black Tea	25-110mg	250mL cup
Green Tea	30-50mg	250mL cup
Milk Chocolate	20mg	100g bar
Sources: Food Standards Australia New Zealand; Australian Institute of Sport Caffeine Fact Sheet.		