

# EXERCISE CHALLENGE TEST

- An Exercise Challenge Test is a breathing test for asthma.
- It tests how your airways react to exercise.

**My test is on:** \_\_\_\_\_



## Tell the respiratory therapist if:

- You have an infectious disease. Examples are active lung tuberculosis (TB) or COVID-19.
- You have issues with your heart. Examples are a recent heart attack, unstable heart disease, angina, or uncontrolled blood pressure.
- You are coughing up blood.
- You had a recent stroke.
- You have an aortic aneurysm or a brain aneurysm.
- You had eye surgery in the past 4 weeks.
- You have uncontrolled glaucoma.

## WHAT SHOULD I DO TO GET READY FOR MY TEST?

- Do not smoke on the day of your test.
- Wear running shoes for your test.
- Stop taking any medications listed below.

The test takes up to 90 minutes.

### Stop taking these medications\* 8 hours before your test:

Airomir	Atrovent	Bricanyl	Ventolin/Salbutamol	Combivent
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### Stop taking these medications\* 24 hours before your test:

Advair	Anoro	Breo	Duaklir	Inspirolo	Oxeze
Seebri	Serevent	Spiriva	Tudorza	Ultibro	Zenhale

*\*If you have breathing problems when you stop any of these medications, start taking the medication in your normal way, and call the doctor who ordered the test as soon as possible.*

- Take your other usual medications on the day of your test. If you have diabetes, adjust your diabetes medications for exercise so that your blood sugar does not go too low. Ask your doctor if you need help doing this.
- Tell the respiratory therapist if you are pregnant.

## WHAT WILL HAPPEN DURING MY TEST?

- You will breathe into a spirometer. The spirometer checks how much air you can breathe in and out.
- You will ride on a stationary bike. You will breathe into the spirometer again.
- You will get an airway opening puffer (also called bronchodilator/Ventolin). You will breathe into the spirometer again. This will check that your breathing is normal before you leave the Chest Centre.

## WHAT WILL HAPPEN AFTER MY TEST?

- You can start taking your normal puffer and lung medications again.
- You must see your doctor for your results.