

Exercise Induced Bronchoconstriction Test

Patient/Carer Information Leaflet

Department of Paediatric Respiratory and Sleep Physiology
Royal Hospital for Children and Young People, 50 Little France Crescent, Edinburgh, EH16 4TJ

What is an Exercise Induced Bronchoconstriction Test?

This test helps us to assess if your airways narrow during/after exercise. The test is done on a treadmill. Before and after the exercise we do a series of breathing tests.

Please share your experience with us via Care Opinion using this QR code >



What are we going to get you to do?

You will do a short breathing test called "Spirometry" which tells us how much air you can blow out and how fast you can blow it out. We will attach a probe to your finger or forehead to measure your oxygen levels and some electrodes to your chest to monitor your heart. Then we do a short period of exercise, the treadmill will start off at a walking pace then you will be running/ jogging at a comfortable pace. Directly after exercise we will do the breathing test several times more. It may be necessary to give you a blue inhaler (Salbutamol) then repeat the breathing test.

What do you need to bring and do prior to the appointment?

- Please wear loose clothing e.g. t-shirt, shorts/jogging bottoms and appropriate footwear e.g. trainers. You may get hot so bring a change of clothes and a drink for afterwards.
- If you have a morning appointment, please have a small breakfast 1 hour before your appointment. If you have an afternoon appointment, please have a light lunch 1 hour before your appointment. You may drink only water prior to your test (no energy or fizzy drinks).
- **If you have not eaten before your test your appointment will have to be rescheduled**
- No vigorous exercise **4 hours** before your appointment
- **DO NOT** take your **BLUE** inhaler (known as Salbutamol) for **4 hours** prior to your appointment – do take it if you need to
- **STOP** your antihistamine tablets/syrup (e.g. Cetirizine, Chlorphenamine) for **5 days** prior to your appointment – do take it if you need to
- Please ensure nails are free from nail varnish including false and gel/acrylic nail enhancements.
- **If you are using any additional inhalers, please contact the department to discuss as you may need to stop this before the test also.**

If you have taken antihistamines or your BLUE inhaler medicine please contact us as this medicine may affect the outcome of your test and we may need to rearrange it.

How long does it take?

Your appointment will last approximately 1 hour; you will only be on the treadmill for 8-10 minutes.

How do I get my results?

The results will be sent to your consultant, who will contact you directly to discuss the results.

Where are we located?

Respiratory Physiology is located in OPD 9.

From the Main Entrance to Royal Hospital for Children and Young People, please report to Ground Floor Outpatient Reception Desk.

If you have any other questions or need to change your appointment, please telephone: 0131 312 1124

