

Exercise Induced Bronchospasm Challenge Test

In order to ensure the utmost accuracy, we ask that you follow these instructions for your upcoming test. You will be walking or jogging on a treadmill, so please **wear loose-fitting, comfortable clothing and appropriate footwear for exercise**. Please be sure that you are well rested and avoid strenuous activity prior to your test. **You should not exercise within 12 hours of your test**. If you exercise the day before, please be sure it is of light to moderate intensity and short in duration. It is also important to eat a **light meal 2-3 hours before** testing to maintain adequate blood sugar levels during the test; however, we ask that you do not eat within 1 hour of the test, as you will need time to digest before exercising. Please be sure you are adequately hydrated, as well. Please review the information below regarding medications and substances you will likely have to avoid prior to testing. (Please continue all other meds as prescribed.)

****Please check with your prescribing physician before stopping any medication****

Unless told otherwise by the provider ordering this test, please avoid these medications for one week prior to the test:

Advair	Breo	Medrol	Qvar	Veramyst
Alvesco	Dulera	Nasonex	Rhinocort	Zetonna
Anoro	Dymista	Omnaris	Spiriva	
Arnuity	Flonase	Prednisone	Steroids – all meds containing steroids	
Asmacort	Flovent	Pulmicort	Stiolto Respimat	
Azmanex	Incruse	Qnasl	Symbicort	

Unless told otherwise by the provider ordering this test, please avoid these medications for 48 hours prior to the test:

Accolate	Benadryl	Foradil	Singulair
Alavert	Brovana	Ipratropium Bromide	Theophylline
Albuterol	Chromalyn Sulfate	Perforomist	Tudorza
Allegra	Clarinex	Pro-Air	Ventolin
Arcapta	Claritin	Proventil	Xopenex
Astepro	Combivent	Resplick (Proair)	Zyrtec
Atrovent	Daliresp	Serevent	

- **Any over the counter cold/allergy medications or antihistamines** (includes eye drops)
- **Sudafed or other products containing pseudoephedrine**
- **Benadryl or meds containing diphenhydramine** (i.e. Tylenol PM, Advil PM, NyQuil, etc.)
- **Nicotine products**

Please avoid these on day of test:

Coffee (including decaf)	Tea (including decaf)	Any product with caffeine
Chocolate (drink/candy)	Cola (including decaf)	Alcohol

If you forget and consume one of the above substances, **please call** our office at 425-454-2671 and we will reschedule the test. Thank you!