

Preparing for the EIB Test

You will be exercising on a treadmill so PT gear or exercise clothing must be worn.

Please follow these directions when getting ready for this test. These medicines will affect the results of some of these tests and may need to be stopped before the testing is done. If the medicine is not stopped, as your doctor says, before the test we will not be able to complete the test.

Stop these inhaled medicines for 7 days before your appointment:

Spiriva® (tiotropium)

Striverdi® (olodatarol)

Anora® (umeclidinium and vilanterol)

Stop these inhaled medicines for 48 hours before your appointment:

Advair® (fluticasone and salmeterol)

Sarevent (salmeterol)

Symbicort® (budesonide and formoterol)

Foradil (formoterol)

Dulera® (mometasone and formoterol)

Serevent (salmeterol)

Breo® (fluticasone and vilanterol)

Tudorza (aclidinium)

Arcapta (indacaterol)

Brovana (arformoterol)

Perforomist (formoterol)

Stop these inhaled medicines for 24 hours before your appointment:

Atrovent® (ipratropium)

Combivent® (albuterol and ipratropium)

DuoNeb® (albuterol and ipratropium)

Stop these oral medicines for 24 hours before your appointment:

Accolate® (zafirlukast)

Zyflo® (zileuton)

Singular® (montelukast)

Stop these inhaled medicines for 8 hours before your appointment:

Proventil HFA®

Ventolin HFA®

ProAir® (albuterol)

Xopenex® (levalbuterol)

Continue to take all your other medicine as you usually do.

Adults - If a laryngoscopy is scheduled at the same time, do not eat for 2 hours before the test is scheduled.

During the Test

You will do a number of breathing tests before and after you exercise. The technician will explain what you need to do during the breathing and exercise test. A pulse oximeter will be placed on your earlobe or fingertip to monitor your oxygen.

Once ready, you will do the breathing tests, usually spirometry. After doing the breathing tests you will exercise on a treadmill. If your doctor has scheduled you for a laryngoscopy this will be done right after you exercise. During the laryngoscopy a doctor will place a small fiberoptic probe in your nose. The scope is passed through your nose to the back of your throat. The movement of the vocal cords can be seen with the scope. **Please do not eat 2 - 3 hours prior to the test if a laryngoscopy has been scheduled.**

Reference:

Guidelines for Methacholine and Exercise Challenge Testing- 1999. American Thoracic Society. Am J Respir Crit Care Med. Vol 161. Pp309-329,2000.