

Exercise Induced Asthma Test

Instructions for patients



You will do this test at the Pulmonary Function Lab:

Toronto General Hospital

585 University Avenue, Norman Urquhart Building, 10th floor, room 1018

📞 Phone: 416 340 4086

What is an Exercise Induced Asthma test?

During this test, you exercise on a bicycle. This helps us check if exercise brings about or causes your asthma. This test takes about 1 hour to complete.

You must have an Electrocardiogram (ECG) within the 30 days leading up to this test.

How do I prepare for the test?

- Bring your health card (OHIP card) to the appointment.
- **Bring a list of all the medicines you take.**
- Don't wear any scented products. For example, don't wear perfume or lotion.
- Don't do any heavy exercise 4 hours before the test. For example, don't go jogging or do an activity that causes you to become out of breath.
- Don't smoke for 2 hours before the test.
- Eat a light meal before the test.
- Wear comfortable clothes and running or gym shoes.
- Stop taking the medicines below for a certain time before your test, unless your doctor gave you different instructions.

If you are taking an Antihistamine, please call the lab before the test to confirm when you should stop taking it before the test.

Type of medicine	Examples	When to stop taking it
Short-Acting inhalers	Airomir (Salbutamol) Bricanyl (Terbutaline) Ventolin (Salbutamol)	6 hours before the test
	Atrovent (Ipratropium)	12 hours before the test

Type of medicine	Examples	When to stop taking it
Long-Acting inhalers	Advair (Salmeterol) Alupent (Orciprenaline) Breo Ellipta (Vilanterol) Brovana (Arformoterol) Foradil (Formoterol) Oxeze (Formoterol) Onbrez Breezhaler (Indacaterol) Servent (Salbutamol) Striverdi Respimat (Olodaterol) Symbicort (Formoterol) Zenhale (Formoterol)	36 hours before the test
Ultra Long Acting Muscarinic Antagonists	Incruse Ellipta, Anora Ellipta (Unmeclidinium) Spiriva, Spiriva Respimat, Inspiolto Respimat (Tiotropium) Seebri Breezhaler, Ultibro Breezhaler, Bevespi (Glycopyrronium) Tudorza Genuair, Duaklir Genuair (Aclidinium)	72 hours before the test
Anti-IgE Therapy	Omalizumab (Xolair)	6 weeks before the test