



Exercise Challenge

An exercise challenge has been ordered by your practitioner to determine the degree of airway obstruction or reactivity of your airways to exercise. Your testing will include spirometry (breathing test) before and at 5, 10, & 20 minutes post exercise. In the presence of change a bronchodilator will be given. Exercise will be performed on a treadmill unless other arrangements have been made with your practitioner and the pulmonary function lab.

Preparation:

- **Follow methacholine medication avoidance list**
- Wear comfortable clothes that you can exercise in
- Wear comfortable shoes that you can run or walk very fast in (NO sandals or flip flops)
- No smoking 2 hours prior to testing
- You may bring a water bottle to sip on during testing
- Bring a list of your medications
- Informed consent is required by patient or legal guardian
- A medical questionnaire will need to be filled out the day of testing
- Evaluation for contraindications will be evaluated the day of testing
- Testing may take up to 1.5 hours