complications are rare and risks will be kept to a minimum by your physiologist.

**Potential but rare complications**
- Airway narrowing in those with sensitive airways.
- Heart attack in patients with previous cardiac disease.
- Sudden changes in blood pressure.
- Stroke
- Collapsed lung
- Retinal detachment.

These complications are very rare; you will be questioned by your physiologist prior to doing the tests to ascertain whether you are at increased risk.

**Contacts/Further information**
If you are unsure about any of the information provided in this leaflet or have any other questions then please do not hesitate to contact the Lung Function Department at Addenbrooke’s hospital on 01223 217065 or alternatively by contacting Clinic 2A on 01223 216645. Our opening hours are Monday-Friday from 08:30 to 16:30.

**Other formats:**
If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 348043, or email: interpreting@addenbrookes.nhs.uk

For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk

We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact...
Why am I having an exercise induced asthma test?
An exercise induced asthma test is designed to investigate whether any symptoms experienced during the performance of exercise are related to narrowing of the lung airways.

What is an exercise induced asthma test?
The test will involve exercising on either a bike or treadmill to assess any symptoms experienced during exercise. The aim is to assess if and by how much the airways narrow by monitoring the response through a breathing test called Spirometry.

What does an exercise induced asthma test involve?
After performing Spirometry (see separate information leaflet) to assess the airflow through your airways; you will be fitted with a device that monitors your oxygen and heart rate. You will then be asked to perform up to eight minutes of exercise on either a bike or treadmill at a set pace. The temperature in the room may be lowered and you will be asked to wear a nose peg during exercise. The Physiologist will aim to keep you heart rate close to 80% of your maximum for the duration of the exercise. The breathing test will then be repeated at set intervals for 20 minutes. An inhaler will be given to return you to baseline and a final breathing test performed to ensure everything is back to normal.

Preparation
Please do not take inhaled medication as directed in your appointment letter, please contact the department if you are unsure or have any concerns. The test will last approximately 90 minutes.

If you cannot attend your appointment
If you need to rearrange your appointment, or no longer need an appointment, please call us on 01223 217065 at the earliest.
opportunity. The ability to reallocate appointments helps us to reduce waiting times.

What if I am unwell prior to the appointment?
Please contact the department using the phone number stated if you have had a recent chest infection, are currently on a course of antibiotics or have just finished a course of antibiotics for your chest. As a result, it may not be appropriate to perform the test at this time and your appointment may be rescheduled.

If you are unwell please inform the department at the earliest opportunity. If you are unwell on the day of the appointment please still call and let us know as this will allow us to rearrange your appointment for a more suitable time.

Who will be present at my appointment?
CUH Addenbrooke’s NHS Trust is a teaching hospital and so there may be occasions when a Student or staff members accompany your Physiologist, however, we will always seek your permission first.

Test results
After your appointment your test results will be sent to your referring consultant, who will then contact you to discuss the results and the next steps in your treatment.

Risks
There are at least some risks associated with all tests and medications. In some individuals, performing exercise may result in increased coughing during the test. If your airways are sensitive, the exercise may cause them to narrow. This may results in you feeling more wheezy, out of breath or tight chested than when you started the test. The relief inhaler at the end of the test should help to resolve these issues.

Due to the nature of the tests and the exertion required, some patients may feel dizzy or faint during testing. Serious