

# Exercise Induced Bronchoconstriction Challenge (EIB) Test

Respiratory

## Introduction

Exercise induced bronchoconstriction or EIB, is a combined breathing and exercise test. The test can help identify what type of breathing trouble you have, if any, when you exercise. A simple blowing test called spirometry is done before and after you exercise on either a treadmill or an exercise bike. The spirometry test is measured at regular intervals after you have exercised, for up to 30 minutes afterwards. Spirometry can show how much and how fast you can breathe out. The spirometry results are then compared before and after you exercise to see what changes there are in your breathing.

## What is Exercise Induced Bronchoconstriction (EIB)?

EIB refers to symptoms which develop when airways narrow as a result of physical exertion. Many people with asthma also have EIB, but not everyone with EIB has asthma. Symptoms of EIB include shortness of breath, wheezing, tightness in the chest, cough, decreased endurance, upset stomach and sore throat. Symptoms typically appear within a few minutes of starting exercise and may continue for 10 to 15 minutes after you stop exercising. Anyone can experience these symptoms (especially if you are unfit), but with EIB, these symptoms are more severe than would be considered normal.

## Before this test

Some inhalers can affect the outcome of this test. This is why we ask you to stop taking inhalers before coming for the test.

**If you find it difficult to manage without your inhalers, please use them and inform us on your arrival.**

Try not to take any of your inhalers prior to your appointment.

## Why am I having this test?

Your Consultant has requested this test which will be performed in the Respiratory Centre by a registered Clinical Physiologist. EIB is a test to determine if your airways are over-sensitive during or after exercise.

## What are the benefits of having this test?

This test will help your Consultant to confirm or rule out a diagnosis of EIB. We are unable to diagnose EIB with a basic lung function test. This test is specific in identifying EIB.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What does the test involve?

The procedure will be explained to you in detail on the day of the test. We will check that you are happy to proceed. A baseline breathing test will be completed first. You will be asked to cycle on an exercise bike for approximately six minutes. It will feel like you are riding up a steep hill, this is designed to increase your breathing and heart rate in a safe and reliable manner. You will then perform some basic breathing tests every few minutes for up to 30 minutes after you finish cycling.

## How long will it take?

Please allow up to 60 minutes for your appointment.

This is so we can monitor your airways for symptoms of EIB. Because you will be cycling on an exercise bike, you should wear appropriate comfortable clothing and footwear. If you are not sure what to wear, please contact us before your appointment.

## Are there any risks involved in having the test?

Airway narrowing can be associated with breathlessness, chest tightness, cough or wheeze. If any of these occur it will be short-lived and any effect of the EIB will be quickly reversed using a Salbutamol (Ventolin) inhaler. The use of Salbutamol (bronchodilator/ reliever) will ensure your airways open back up and return to normal before you leave the department.

## What happens after the test?

You will be able to go home and resume normal activities.

## When will I get the results?

Please note that you will not be given the results on the day. The results will be sent to the referring Consultant who will discuss them with you when you next attend clinic.

The table below outlines the time to withhold common inhalers prior to your lung function test. You can take all other medications and oxygen as normal.

| Time to withhold | Inhaled Medication (Brand Name)   |
|------------------|---|
| 8 hours          | <b>Salbutamol</b> (Ventolin®, Airomir®, Salamol®, Salbulin Novolizer®, Easyhaler®, AirSalb®),<br><b>Terbutaline</b> (Bricanyl®)   |
| 12 hours         | <b>Ipratropium Bromide</b> (Atrovent®),<br><b>Formoterol</b> (Fostair®, Oxis®, Symbicort®, Foradil®, Flutiform®, Fobumix®, Duo Resp Spiromax®, Atimos®),<br><b>Salmeterol</b> (Serevent®, Combisal®, Sereflo®, Sirupla®, Aloflute®, AirFluSal®, Seretide®, Aerivio Spiromax®, Neovent®, Vertine®, Soltel®),<br><b>Tiotropium Bromide</b> (Braltus®, Spiriva®, Spiolto Respimat®). |
| 24 hours         | <b>Aclidinium</b> (Eklira Genuair®, Duaklir Genuair®),<br><b>Umeclidinium</b> (Anora Ellipta®, Incruse Ellipta®),<br><b>Vilanterol</b> (Revlar Ellipta®, Trelegy Ellipta®),<br><b>Indacaterol</b> (Onbrez®),<br><b>Glycopyrronium</b> (Seebri®, Trimbrow®, Ultibrow®),  |

If you are unsure of how long to temporarily stop your medication, please contact the Respiratory Centre on Tel. 01902 695061.

Please contact the department if you have chest pain, recently had a heart attack (less than 6 weeks), coughing up blood, had recent surgery, have blood clots (embolism, DVT), a recent lung collapse or have recently had a stroke. Any of these conditions will unfortunately make it unsafe (contra-indications) for you to perform the breathing test which is an important part of the test. In addition, if you have had a cold or chest infection within two weeks of your appointment then please contact the department. If you are pregnant or currently breast feeding, we will not be able to perform the test.

Finally, please do not smoke for 6 hours before, avoid caffeine (tea, coffee, cola, chocolate) and vigorous exercise on the day of the test.

## For further information about your test please contact:

### **The Respiratory Centre (B1)**

New Cross Hospital

Wolverhampton Road

Wolverhampton

WV10 0QP

01902 695061

Monday to Friday 9am - 5pm

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。