

PULMONARY FUNCTION LABORATORY

TRIPLER ARMY MEDICAL
CENTER

INSTRUCTIONS FOR: EXERCISE STUDY

<u>POTENTIAL INFLUENCES:</u>	<u>AVOIDANCE PRIOR TO TESTING:</u>
Smoking.....	4-6 hours
Anything with caffeine (coffee, cola, cocoa, chocolate, tea, energy drinks) (Mountain Dew, Dr Pepper, etc)	At least 12 hours
PT or any exercise to include weight lifting..... (if active duty requiring mandatory PT show this form to your supervisor/platoon leader)	At least 8 hours
Chest "flu"/cold.....	1 week (MEPS applicants 6-8 weeks)

You may eat a light breakfast but **NO** lunch on the day of testing.

DO come in appropriate attire (i.e. comfortable clothing for running)

MEN may choose to either shave their own chest the day of testing or we can shave the necessary areas immediately prior to the test.

CHECK WITH YOUR PHYSICIAN ON MEDICATIONS YOU ARE ALLOWED TO TAKE THE DAY OF TESTING.

1 JARRETT WHITE RD
PULMONARY CLINIC
4TH FLOOR
HONOLULU, HI 96859

Phone: 808-433-5759
Fax: 808-433-2203

NAME:

TODAY'S DATE:

DATE OF TEST:

TIME OF TEST:

This test will take approximately three (3) hours. Please arrive 30 minutes prior to your testing time. If you are late 15 minutes or more, you will be counted as a no show and will be rescheduled. If you are unable to keep your appointment, please call 808-433-5759 at least 24 hours prior to your test to cancel/reschedule or it will be counted as a no show. If you do not follow all instructions above you may be subject to rescheduling of your test to a later date. ****Active duty military personnel not keeping appointments may be reported to their chain of command****

POC: Jesse Sherratt, DO MAJ, MC, USA, Medical Director, PFT Laboratory



OVERVIEW:

Exercise induced asthma occurs when the airways narrow as a result of exercise. The preferred term is exercise induced bronchoconstriction (EIB). Exercise does not cause asthma but is frequently an asthma trigger.

WHY AM I GETTING THIS TEST?

Your health care provider may have ordered an exercise challenge to find out if your breathing problem is provoked by exercise.

IS THERE A CHANCE I MAY NOT BE ABLE TO HAVE AN EXERCISE CHALLENGE TEST?

There are several reasons you may not be able to undergo an exercise challenge. You should not have the test for the following reasons:

- your lung function is too low after the first spirometry test
- heart attack or stroke in the last 3 months
- uncontrolled blood pressure
- certain types of blood vessels problems (e.g. aortic or cerebral aneurysm)
- pregnant or nursing
- If you have a history of an abnormal heart rhythm you may also not be able to undergo testing. Patients with orthopedic limitations may not be able to achieve a high enough level of exercise to elicit airway narrowing.

When in doubt about whether or not you should have this test, ask your health care provider and discuss your concerns with the testing center.

WHAT SHOULD I DO OR NOT DO BEFORE AN EXERCISE CHALLENGE TEST?

Please see the front page of this sheet for instructions about what you should and should not do prior to testing.

WHAT CAN I EXPECT TO FEEL WHEN TAKING AN EXERCISE CHALLENGE TEST?

The challenge study is designed to see if your airways tighten, so if your airways do not tighten, you may have no symptoms at all. If your airways do tighten during the test, you may have symptoms of an "asthma attack." You may cough, wheeze, feel chest tightness or be short of breath. If the test results show that your airways are tightening, you will be given a bronchodilator that will relieve the symptoms. The test is done in a Pulmonary Diagnostic Laboratory with trained staff and a health care provider available during the study.

HOW DO I FIND OUT THE RESULTS OF MY TEST?

Test should be available no later than 24 to 48 hours after your test is complete. Please contact the pulmonary clinic at 808-433-5759 and leave a message for your provider to contact you with the results of your test.



TAKE ACTION!

- ⇒ If you have a cold, increased coughing, or are feeling ill the day of the test, check with the testing center about postponing your test.
- ⇒ Check with the testing center to find out if any medicines need to be stopped before your challenge test and for how long.
- ⇒ Ask your health care provider to explain the results of your test.

