

PULMONARY FUNCTION LABORATORY

TRIPLER ARMY MEDICAL
CENTER

INSTRUCTIONS FOR: LARYNGOSCOPY EXERCISE STUDY

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

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

<u>POTENTIAL INFLUENCES:</u>	<u>AVOIDANCE PRIOR TO TESTING:</u>
Smoking.....	4-6 hours
No food.....	6 hours
No liquids.....	1 hour
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)

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

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:

Laryngoscopy is a visual examination below the back of the throat where the voicebox (larynx) containing the vocal cords is located.

WHY AM I GETTING THIS TEST?

Your health care provider may have ordered a laryngoscopy to help evaluate for causes of voice, breathing, or other vocal cord problems. This test is often done in conjunction with an exercise challenge which is discussed in a separate brochure.

IS THERE A CHANCE I MAY NOT BE ABLE TO HAVE A LARYNGOSCOPY?

There are several reasons you may not be able to undergo the MCT. 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 A LARYNGOSCOPY?

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 DURING A LARYNGOSCOPY?

A laryngoscopy is not painful but may feel strange or uncomfortable. A technician will have you "snort" a jelly containing a numbing medicine into your nose. A doctor will then insert a small scope through your nose to visualize the back of your throat and vocal cords. You will then be asked to perform several breathing & speaking maneuvers to evaluate your vocal cords. If performed with an exercise challenge, 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.

