Exercise Challenge

Test date: _____

Test time: _____

Exercise Challenge
This is a breathing test that will help your doctor check if your airway function changes when you exercise. You will be asked to exercise on a treadmill or cycle for 6 to 8 minutes. Breathing tests will be done before and after exercise. Your pulse and oxygen level will also be monitored. This test will take 30 to 60 minutes.

Getting Ready for the Test

- **Do not** exercise or eat a heavy meal for at least four hours before the test.
- Please wear loose fitting, comfortable clothes, and exercise shoes.
- If you have or have had a recent cold, flu, or other illness this test will need to be scheduled two weeks after the end of your illness.
- **Do not** smoke on the day of the test.

Medicines
You can keep using inhaled corticosteroids, but you will need to stop other certain medicines before this test. These include:

- Albuterol, levalbuterol: Stop for 6 hours before test.
- Atrovent, Combivent, stop for 12 hours before test.
- Theophylline: Stop for 24 hours before test.
- Breo Ellipta®: Stop for 48 hours before test.
- Spiriva®, Incruse Ellipta®, Anoro Ellipta®, Trelegy®: Stop for 1 week before test.
- Other medicine: Please hold _____ for _____.

After the Test
You should feel fine after this test. If you have any shortness of breath or wheezing, you may be given a few puffs of medicine from an albuterol inhaler to get rid of these symptoms. Albuterol may cause one to feel slightly shaky for a short time. You will be able to eat, drink, and keep your normal routine after the test. Your doctor will discuss your test results with you.

When to Call
If you have any questions or concerns before your test.

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6385.