

Exercise Challenge

Test date _____ Test time _____

This test will be performed in the Pulmonary Function Lab (Module B6/2), at the University of Wisconsin Hospital and Clinics, 600 Highland Avenue. Please arrive 15 minutes before your appointment to allow time to register.

Finding Your Way

From the parking ramp you will enter through the main Hospital Entrance. Follow the brown pathway past the “D” elevator lobby to “Clinic Registration.” After you register we will direct you to the Pulmonary Function Lab “Check In” area.

What is an 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 10 minutes. Breathing tests will be done before and after exercise. Your pulse, blood pressure, and oxygen level will also be monitored. This test will take 30 to 90 minutes.

How do I prepare for this 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 following the end of your illness.
- **Do not** smoke on the day of the test.

You will be asked to hold certain medicines before this test.

- Albuterol: Hold 8 hours
- Atrovent, Combivent, Singulair®, Spiriva®, or theophylline: Hold 24 hours
- Serevent®, Flovent®, or Advair®: Hold 48 hours
- Prednisone: Hold 6 weeks

Please hold _____ for _____.

How will I feel 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.

Questions?

If you have any questions or concerns before the test, please call: UWHC Pulmonary Function Lab: **(608) 263-7000**. Monday-Friday 8:00-4:30.

Toll free **1-800-323-8942**. Ask for Pulmonary Function Lab.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 ©10/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6385.