

Exercise Induced Bronchoconstriction (EIB)

What is Exercise Induced Bronchoconstriction testing?

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 spirometry breathing test is done before and after you exercise on a treadmill. Spirometry can show how much air you can breathe in and out. It also shows how fast you can breathe in and out. The spirometry results are compared before and after you exercise to see what changes there are in your breathing.

A laryngoscopy may be scheduled after the EIB test. A laryngoscopy is often done to identify if your vocal cords may be causing you to have trouble breathing with exercise.

How do you get ready for the test?

Please follow these directions when getting ready for this test. These medicines will affect the results of some of these tests and may need to be stopped before the testing is done. If the medicine is not stopped, as your doctor says, before the test we will not be able to complete the test.

- Stop these **inhaled** medicines for **48 hours** before your appointment:
 - Anora® (umeclidinium and vilanterol)
 - Bevespi® (glycopyrrolate and formoterol)
 - Stiolto® (olodaterol and tiotropium)
 - Utibron® (indacaterol and glycopyrrolate)
 - Trelegy® (fluticasone, umeclidinium and vilanterol)
- Stop these **inhaled** medicines for **24 hours** before your appointment:
 - Incruse® (umeclidinium)
 - Seebri® (glycopyrrolate)
 - Spiriva® (tiotropium)
 - Tudorza® (aclidinium)
- Stop these **inhaled** medicines for **12 hours** before your appointment:
 - Arcapta® (indacaterol)
 - Brovana® (arformoterol)
 - Perforomist® (formoterol)
 - Serevent® (salmeterol)
 - Striverdi® (olodaterol)
 - Advair® (fluticasone and salmeterol)
 - Breo® ((fluticasone and vilanterol)

- Dulera® (mometasone and formoterol)
- Symbicort® (budesonide and formaterol)
- Stop these **inhaled** medicines for **6 hours** before your appointment:
 - Atrovent® (ipratropium)
 - Combivent®(albuterol and ipatropium)
 - DuoNeb® (albuterol and ipatropium)
- Stop these **inhaled** medicines for **4-6 hours** before your appointment:
 - ProAir HFA®, Proventil HFA®, Ventolin HFA® (albuterol), Xopenex® (levalbuterol)
- **Continue to take all your other medicine as you usually do.**
- Exercising can drop blood sugar in patients who are taking medications to control diabetes. Bring your glucose meter, test strips, and a source of fast-acting glucose with you (such as glucose tablets or glucose gel).
- **Adults** - If a laryngoscopy is scheduled at the same time, do not eat for 2 hours before the test is scheduled.
- **Children** - If a laryngoscopy is scheduled at the same time, do not eat for 3 hours before the test is scheduled.

What is done during the test?

You will do a number of breathing tests before and after you exercise. The technician will explain what you need to do during the breathing and exercise test. Before the testing begins EKG electrodes will be placed on your chest to monitor your heart. A pulse oximeter will be placed on your forehead or fingertip to monitor your oxygen saturation.

Once ready, you will do the breathing tests, usually spirometry. After doing the breathing tests you will exercise on a treadmill or a bicycle.). A physician or exercise physiologist will be present during the exercise test. After the exercise is finished, you will do the breathing tests again.

If your doctor has scheduled you for a laryngoscopy this will be done right after you exercise. During the laryngoscopy a doctor will place a small tube (fiberoptic probe) in your nose. The tube is passed through your nose to the back of your throat. The movement of the vocal cords can be seen with the probe. **Please do not eat 2 - 3 hours prior to the test if a laryngoscopy has been scheduled.**

How long will the test take?

The exercise testing time often takes 1½ hour. Actual exercise time does not take 1½ hours. The rest of the test period is to prepare you for the test and observe you after the test.

How do you get to your test?

If you are being seen at National Jewish Health, on the day of your scheduled test, report to room A310a in the Pulmonary Physiology Services, (PPS), located on the 3rd floor of the May building. If you have questions please call Pulmonary Physiology Services at 303-398-1530.

Visit our website for more information about support groups, clinical trials and lifestyle information.

NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

National Jewish Health is the leading respiratory hospital in the nation. Founded 119 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit njhealth.org.