



# Exercise Challenge Test



# What is Exercise Challenge Test?

The test is designed to demonstrate bronchospasm (narrowing of the airways) in patients suspected of having exercise induced asthma.

## Preparation before the test

- Wear comfortable clothes and sport shoes.
- Light meals if any should be taken at least 2 hours prior to the test.
- Avoid smoking 24 hours before the test.
- Avoid vigorous exercise at least 4 hours prior to test.
- Avoid short acting relievers 6 hours prior to test.
- Avoid long acting relievers 12 hours prior to test.
- If consent was not obtained at the clinic, a written consent will be obtained before the test. However if you are under 21 years of age, you are required to bring your legal guardian to sign the consent form.

## How is the test done?

You will be asked to pedal quickly on a stationary exercise bicycle for a short duration between 6-8 mins to create adequate exertion.

Before the test begins, you will be asked to blow forcefully into a spirometer. During the test, you will need to blow into the spirometer at various intervals.

You will be closely monitored during the exercise and recovery period.

The test usually takes about an hour.

## Is the test safe?

The test is safe but vigorous exercise may be associated with mild shortness of breath, cough, chest tightness, wheezing, chest soreness or headache. These symptoms are mild, last for only a few minutes and disappear following the inhalation of a bronchodilator medication.

Alert the attending staff immediately if you experience more than mild symptoms.

There is a very small possibility of severe narrowing of your airways. This can cause severe shortness of breath. If this occurs, you will be treated immediately.

## Can I undergo the test if I am not feeling well?

No. If you are feeling ill because of fever, runny nose or acute illness, you should not proceed with the test. Please call Tel: 6850 2580 to change the appointment.

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For appointments and enquiries,  
please call the CGH Appointment Centre at  
Tel: (65) 6850 3333

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