

The Division of Pulmonary Medicine at Cincinnati Children's Hospital Medical Center performs lung function tests such as exercise induced asthma testing.

## What is Exercise Induced Asthma (EIA / EIB) Testing?

Exercise induced asthma tests measure airway reactivity to exercise. The airway is made up of many small tubes that carry air in and out of lungs. During exercise, the airways may become narrow in patients with exercise induced asthma, making it harder to breathe.

## How is the test done?

Your child will blow into the spirometer to measure how fast they are able to move air in and out of the lungs. After successful completion, your child will run on a treadmill for 4-8 minutes to achieve maximum heart rate. They are placed on an oxygen and heart rate monitor to allow continuous monitoring. While running, they will be asked to rate on a scale of 1-10 their level of difficulty breathing. After exercise, they will continue to perform a minimal of 2 spirometry maneuvers every 5 minutes for 30 minutes. If there is a significant change in your child's lung function, they will be treated with a bronchodilator before discharge.



## How long does it take?

The test takes about 1.5 to 2 hours. Timing includes explanation and practice testing.

## How does my child prepare for this test?

Your child will need to wear comfortable, loose and appropriately fitting clothes and gym shoes (required). Your child should not eat 3 hours before testing. However, he or she may drink clear liquids 1 hour prior to testing. Your child should avoid caffeinated products like coffee, tea, and cola drinks; chocolate; added sugar; and over the counter sinus / cold medications. No smoking for 24 hours before testing.

For optimal testing, it is recommended that certain medications NOT be taken prior to the test for the time periods indicated (However, if you have concerns about not taking these medications, please contact your doctor).

## Are there any side effects?

There are no side effects and your child may resume normal activities after testing.