

ASTHMA & ALLERGY PHYSICIANS OF RHODE ISLAND

Patient Instructions for Exercise Challenge

Patient Preparation:

1. The patient should report to the Warwick office in comfortable clothes and running or gym shoes.
2. Patient should have consumed no more than a light meal.
3. Having had pulmonary medications withdrawn as below:

Medications	Withdrawn Time
Short-acting inhaled bronchodilators: e.g. Isoproterenol, Isoetharine, Metaproterenol, Albuterol (Pro-Air or Ventolin), Xopenex or Terbutaline	8 Hours
Medium-acting Inhaled Bronchodilators: e.g. Ipratropium, Atrovent, Combivent	24 Hours
Long-acting Inhaled Bronchodilators: e.g. Salmeterol, Formoterol, Tiotropium (perhaps 1 wk for Tiotropium), Advair and Symbicort	48 Hours
Other Medications: Cromolyn Sodium	8 Hours
Nedocromil	48 Hours
All Antihistamines	3 Days (If Possible)
Leukotriene Modifiers	24 Hours

4. No coffee, tea, cola drinks, or chocolate on the day of testing.
5. Vigorous exercise should be avoided for at least 4 hours before testing, as prior exercise has been found to exert a protective effect.