

## Clinical exercise stress test, free exercise

The purpose of the examination is to measure how well air flows in the bronchial tubes before and after exercise. Additionally, the test evaluates the effect of the bronchodilator (medication that opens the airways) in the respiratory tract.

The examination takes approximately 1,5 hours.

### You will undergo:

- A clinical exercise stress test, impulse oscillometry
- A clinical exercise stress test, spirometry

### Before examination

You must be:

- **2 hours** without heavy meals
- **4 hours** without coffee, tea, cola drinks and energy drinks

Avoid heavy physical activity for 2 hours before the examination.

### Medication

- Take your medication as usual
- Stop taking your medication according to the attached instructions
- Take medication according to your doctor's instructions

**Apart from medications prescribed for respiratory diseases, take your other regular medication as usual.**

Bring your prescriptions or a list of your medications with you to the test.

For the examination to be successful, it is important that especially young children be informed about the examination beforehand.

The examination is painless.

Please wear clothes suitable for the weather and shoes suitable for running outdoors. The child's parent may run with the child.

The examination cannot be done if you have an infection (e.g. fever, common cold, sore throat, sinusitis, bronchitis), or in the two weeks following the infection.

### Examination

At the beginning, you will sit and breathe calmly through a mouthpiece. Your cheeks will be supported with fingers and the nostrils will be closed with a nose clip. We will measure several times. The nurse will also listen to your lungs several times with a stethoscope.



The running test will be carried out outdoors (unless temperature is lower than -20°C). You will be running continuously at a steady pace for 6 to 8 minutes. The nurse can encourage you to run through play. After the



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exercise, additional measurements are performed.

After the measurements, the nurse will give you medication that dilates the bronchial tubes, and after about 10 to 15 minutes, we will repeat the measurements.

### Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment, or if you fall ill with a respiratory infection (e.g. the flu) or some other acute illness. The examination cannot be performed until about two weeks after you have recovered from the respiratory tract infection.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

## Medicines that affect pulmonary function tests

When testing pulmonary function without medication effect, the patient should not take the following medicines for at least the time listed below.

<p>Accolate <b>3 days</b> Adrenalin, Epipen <b>12 h</b> Aerobec <b>4 weeks</b> Airomir <b>12 h</b> Alvesco <b>4 weeks</b> Aminocont <b>3 days</b> Anoro <b>3 days</b> Asmanex <b>4 weeks</b> Astecon <b>3 days</b> Atroidual <b>24 h</b> Atrovent <b>24 h</b> Atrovent comp <b>24 h</b>  Beclomet <b>4 weeks</b> Bricanyl <b>12 h</b> Budenofalk <b>4 weeks</b> Budesonid(e) <b>4 weeks</b> <input type="checkbox"/> Bufomix <b>2 days</b> <input type="checkbox"/> Bufomix <b>4 weeks</b> Buventol <b>12 h</b>  Cykloterol <b>2 days</b>  Daxas <b>5 days</b> Dexametason <b>4 weeks</b> Duaklir <b>2 days</b></p>	<p>Efedrin <b>12 h</b> Efedriini <b>12 h</b> Efedriini hydrokloridi <b>12 h</b> Eklira <b>2 days</b> Entocort <b>4 weeks</b> Euphylong <b>3 days</b>  Flixotide <b>4 weeks</b> Flutide <b>4 weeks</b> <input type="checkbox"/> Flutiform <b>2 days</b> <input type="checkbox"/> Flutiform <b>4 weeks</b>  Fomeda <b>2 days</b> Foradil <b>2 days</b> Formaxa <b>2 days</b> Formoterol <b>2 days</b>  Hydrocortison <b>4 weeks</b> * Incruse <b>3 days</b> <input type="checkbox"/> Innovair <b>2 days</b> <input type="checkbox"/> Innovair <b>4 weeks</b> Ipraxa <b>24 h</b> Ipramol <b>24 h</b> Inspiolto <b>7 days</b></p>	<p>Lomudal <b>12 h</b>  Medrol <b>4 weeks</b> * Montelukast <b>3 days</b> Novopulmon <b>4 weeks</b>  Onbrez <b>7 days</b> Oxis <b>2 days</b>  Prednisolon <b>4 weeks</b> * Prednison <b>4 weeks</b> * Pulmicort <b>4 weeks</b>  Racinephrine <b>12 h</b> <input type="checkbox"/> Relvar <b>3 days</b> <input type="checkbox"/> Relvar <b>4 weeks</b> Retafyllin <b>3 days</b> Rinexin <b>12 h</b>  Salbutamol <b>12 h</b> Seebri <b>12 days</b> <input type="checkbox"/> Seretide <b>2 days</b> <input type="checkbox"/> Seretide <b>4 weeks</b> Serevent <b>2 days</b> Singulair <b>3 days</b> Solomet <b>4 weeks</b> *</p>	<p>Spiriva <b>4 days</b> Striverdi <b>7 days</b> <input type="checkbox"/> Symbicort <b>2 days</b> <input type="checkbox"/> Symbicort <b>4 weeks</b>  Theofol <b>3 days</b> Theofol comp <b>3 days</b> Theofylliini <b>3 days</b> Tilade <b>24 h</b> Ultibro <b>12 days</b>  Ventilastin <b>12 h</b> Ventoline <b>12 h</b>  All cough medicines <b>3 days</b>  * medication on hold if part of asthma or COPD therapy</p>
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