



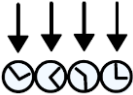


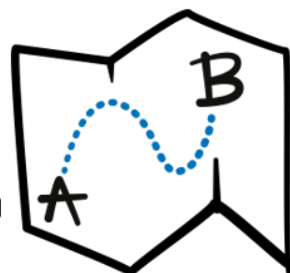


Having an Exercise Induced Asthma test (Easy Read)

	If you sometimes feel out of breath or chest tight during or after exercise, the doctor may want you to have an exercise test done.
	Please make sure you wear trainers and comfortable clothing to your appointment so that it is easy to exercise. You may have to stop taking your inhalers that day too.
	You will have a breathing test first to see how much air you can blow out of your lungs and measure your lung function.
	Then you will be asked to run or jog on a treadmill for around 6 to 8 minutes. We may cheer you on to help you work hard on the treadmill.
	You will perform the breathing test again and after 5 minutes, 10 minutes and 15 minutes.
	Once the exercise is finished, we will ask you 'how are you feeling?' and a nurse may listen to your chest.
	We may give you a blue inhaler called a reliever to help with your breathing.

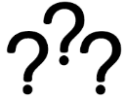




You will then perform the breathing test for a final time to check that your lung function has improved since the exercise test.



You might meet the doctor that day to hear the results of the test or you will discuss the results of the test at your next appointment.



Please ask us if you have any questions.

