



Exercise Challenge Test

Examples of Medications to Withhold

Short-Acting Beta₂-Agonist Bronchodilators (SABA)

Relax tight muscles in airways and offer quick relief of symptoms such as coughing, wheezing and shortness of breath for 3-6 hours.

| Medication Name | Recommended Withholding Time (Hours) |
|---|--------------------------------------|
| <i>ProAir® Digihaler</i> , 117 mcg albuterol sulfate | 6 |
| <i>ProAir® HFA</i> , 110 mcg albuterol sulfate | 6 |
| <i>ProAir RespiClick®</i> , 117 mcg albuterol sulfate inhalation powder | 6 |
| <i>Proventil® HFA</i> , 120 mcg albuterol sulfate | 6 |
| <i>Ventolin® HFA</i> , 90 mcg albuterol sulfate | 6 |
| <i>Xopenex HFA®</i> , 59 mcg levalbuterol tartrate | 6 |

Long-Acting Beta₂-Agonist Bronchodilators (LABA)

Relax tight muscles in airways and offer lasting relief of symptoms such as coughing, wheezing and shortness of breath for at least 12 hours.

| Medication Name | Recommended Withholding Time (Hours) |
|--|--------------------------------------|
| <i>Arcapta™ Neohaler™</i> , 75 mcg indacaterol inhalation powder | 36 |
| <i>Serevent® Diskus®</i> , 50 mcg salmeterol xinafoate inhalation powder | 36 |
| <i>Striverdi® Respimat®</i> , 2.5 mcg olodaterol hydrochloride | 36 |

Long-Acting Beta₂-Agonist Bronchodilators (LABA) combined with Inhaled Corticosteroids

| Medication Name | Recommended Withholding Time (Hours) |
|--|--------------------------------------|
| <i>Advair Diskus®</i> , 100/50, 250/50, 500/50 mcg fluticasone propionate and salmeterol inhalation powder | 36 |
| <i>Advair® HFA</i> , 45/21, 115/21, 230/21 mcg fluticasone propionate and salmeterol xinafoate | 36 |
| <i>AirDuo™ Respiclick®</i> , 55/14, 113/14, 232/14 mcg fluticasone propionate and salmeterol inhalation powder | 36 |
| <i>Wixela™ Inhub™</i> , 100/50, 250/50, 500/50 mcg fluticasone propionate and salmeterol xinafoate (approved generic of Advair Diskus) | 36 |
| <i>Breo® Ellipta®</i> , 100/25, 200/25 mcg fluticasone furoate and vilanterol inhalation powder | 36 |
| <i>Dulera®</i> , 100/5, 200/5 mcg mometasone furoate and formoterol fumarate dehydrate | 36 |
| <i>Symbicort®</i> , 80/4.5, 160/4.5 mcg budesonide and formoterol fumarate dehydrate | 36 |



Long-Acting Beta₂-Agonist Bronchodilators (LABA) combined with Long Acting Muscarinic Antagonist (LAMA)

| Medication Name | Recommended Withholding Time (Hours) |
|--|--------------------------------------|
| <i>Anoro[®] Ellipta[®]</i> , 62.5/25 mcg umeclidinium and vilanterol inhalation powder | 36 |
| <i>Bevspi Aerosphere[®]</i> , 9/4.8 mcg glycopyrrolate and formoterol fumarate | 36 |
| <i>Stiolto[™] Respimat[®]</i> , 2.5/2.5 mcg tiotropium bromide and olodaterol | 36 |
| <i>Utibron[™] Neohaler[®]</i> , 27.5/15.6 mcg indacaterol and glycopyrrolate inhalation powder | 36 |

Long-Acting Beta₂-Agonist Bronchodilators (LABA) combined with Inhaled Corticosteroids and Long Acting Muscarinic Antagonist (LAMA)

| Medication Name | Recommended Withholding Time (Hours) |
|--|--------------------------------------|
| <i>Trelegy[®] Ellipta[®]</i> , 100/62.5, 5/25 mcg fluticasone furoate, umeclidinium and vilanterol inhalation powder | 48 |

Short-Acting Anticholinergic

Relieve cough, sputum production, wheeze and chest tightness associated with chronic lung diseases

| Medication Name | Recommended Withholding Time (Hours) |
|--|--------------------------------------|
| <i>Atrovent[®]</i> , HFA 17 mcg ipratropium bromide | 12 |

Short-Acting Anticholinergic combined with Short-Acting Beta₂-Agonist Bronchodilators (SABA)

Contains muscarinic anticholinergic and beta₂-agonist

| Medication Name | Recommended Withholding Time (Hours) |
|---|--------------------------------------|
| <i>Combivent[®] Respimat[®]</i> , 200/100 mcg ipratropium bromide and albuterol | 12 |

Long-Acting Anticholinergic

| Medication Name | Recommended Withholding Time (Hours) |
|---|--------------------------------------|
| <i>Incruse[®] Ellipta[®]</i> , 62.5 mcg umeclidinium inhalation powder | 48 |
| <i>Seebri[™] Neohaler[®]</i> , 15.6 mcg glycopyrrolate inhalation powder | 48 |
| <i>Spiriva[®] HandiHaler[®]</i> , 18 mcg tiotropium bromide inhalation powder | 48 |
| <i>Spiriva[®] Respimat[®]</i> , 1.25, 2.5 mcg tiotropium bromide | 48 |
| <i>Tudorza[™] Pressair[™]</i> , 400 mcg aclidinium bromide inhalation powder | 48 |



Short-Acting Antihistamines

| Medication Name | Recommended Withholding Time (Hours) |
|-----------------------------------|--------------------------------------|
| <i>Benadryl</i> , diphenhydramine | 48 |

Long-Acting Antihistamines

| Medication Name | Recommended Withholding Time (Hours) |
|---------------------------------|--------------------------------------|
| <i>Hismanal</i> , astemizole | 72 (3 days) |
| <i>Zyrtec</i> , cetirizine | 72 (3 days) |
| <i>Clarinet</i> , desloratidine | 72 (3 days) |
| <i>Allegra</i> , fexofenadine | 72 (3 days) |