

# Your continuous laryngoscopy during exercise (CLE) test





## Contents

What is a CLE test?	3
Why do I need a CLE test?	3
How is the test carried out?	3
How much exercise do I need to do?	4
How should I prepare for the test?	4
Are there any risks or side effects?	5
When will I know the results?	5
What happens if the results are abnormal?	6
Where is the lung function unit?	6
Contact us	6

This leaflet gives you general information about a continuous laryngoscopy during exercise (CLE) test. It does not replace the need for personal advice from a qualified healthcare professional. Please ask us if you have any questions.

## What is a CLE test?

A continuous laryngoscopy during exercise (CLE) test allows us to look at your larynx (voice box) while you are exercising.

We insert a thin, flexible tube with a light and camera lens at the end (laryngoscope) through your nose to the back of your mouth. It sends pictures of the inside of your throat to a screen so we can look at them.

## Why do I need a CLE test?

Some people have difficulty with their breathing during exercise because their voice box narrows. This is called exercise induced laryngeal obstruction (EILO).

It is important to diagnose EILO because it can have the same symptoms as asthma.

But the treatments for EILO and asthma are totally different.

It is hard to detect EILO during a consultation or normal breathing test where you blow into a tube.


The CLE test allows us to see if your voice box is causing your breathing problems during exercise.

If you have EILO, we can refer you for specialist treatment to help your condition.

## How is the test carried out?

First, we will ask you to blow into a tube so we can check how well your lungs are working. This is a normal breathing test, also called a spirometry test.

We will then use a local anaesthetic gel or spray to numb one of your nostrils before we pass the laryngoscope gently up the nostril to the back of your throat. Some patients may experience a little discomfort, but it does not hurt.



The tube is attached to headgear (like a headband) so you can exercise comfortably. We then will ask you to use a stationary exercise bike or treadmill (a running machine usually seen in gyms). You can stop at any time.

We will monitor the oxygen levels in your blood and your heart rate during the test.

This test is carried out by a respiratory consultant who is assisted by physiologists. They can answer any questions you may have.

## How much exercise do I need to do?

The aim is to do the type and intensity of exercise that causes your breathing difficulties. You can stop the exercise at any time if you feel uncomfortable.

## How should I prepare for the test?

If you take medicines for asthma (such as inhalers), please keep using them as advised by your doctor and bring them with you. Bring a list of all your current medicines with you too.

Please wear suitable clothing and shoes for exercise, such as a tracksuit, t-shirt and trainers.

For the test to be carried out successfully, it is important that you **do not**:

- exercise vigorously in the 24 hours before the test (including on the day of the test)
- eat a large meal for 2 hours before the test
- eat or drink anything containing caffeine (including coffee or tea) on the day of your test
- smoke on the day of your test

- put on any body lotion on the day of the test
- wear nail varnish or false nails (the colour may affect readings taken by the small device we place on your finger to monitor the oxygen level in your blood)

During the test, you need to be able to exercise to the point where your symptoms start.

Please tell us before you come in for the test if:

- you have any recent injuries
- are unwell
- feel you may not be able to exercise

We may need to arrange for your test to take place on another day.

## Are there any risks or side effects?

We would not expect you to have any side effects from doing this test.

We take all the necessary safety measures to make sure the test does not cause any discomfort. However, some patients may feel some discomfort when the camera is passed gently up the nostril.

If you have any chest pain or other problems such as dizziness during the test, please stop the exercise and let us know.

## When will I know the results?

The respiratory consultant can usually discuss your results with you immediately after the test. The respiratory consultant will also write to your hospital consultant about the results of the test.



## What happens if the results are abnormal?

If this test shows that your voice box is not moving normally during exercise, we can recommend consultations or treatment sessions with our:

- expert physiotherapists
- speech and language therapists
- specialist throat doctors

## Where is the lung function unit?

The lung function unit at Royal Brompton Hospital is on the first floor of Fulham Wing / South Block on Fulham Road.

If you come up the stairs, please note that the first floor is on the second level (the first level is called the mezzanine floor.)

## Contact us

If you need more information, want to book or cancel an appointment, contact:

The lung function unit

**020 7351 8910**

(Monday to Friday 9am to 5pm)

Email: [gstt.rbhlungfunction@nhs.net](mailto:gstt.rbhlungfunction@nhs.net)

If you email us, please include your name, hospital number and date of birth with your message. We will aim to reply to your email within 2 working days.

If you use MyChart, you can also cancel and manage some appointments using the app or website.

---

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on:

- Royal Brompton Hospital – 020 7349 7715
- Harefield Hospital – 01895 826 572

or email [gstt.rbhh-pals@nhs.net](mailto:gstt.rbhh-pals@nhs.net). This is a confidential service.

Royal Brompton Hospital  
Sydney Street  
London  
SW3 6NP  
Phone: 0330 12 88121

Harefield Hospital  
Hill End Road  
Harefield  
Middlesex  
UB9 6JH  
Phone: 0330 12 88121

Website: [www.rbht.nhs.uk](http://www.rbht.nhs.uk)

Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercumesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.