
Continuous laryngoscopy during exercise (CLE) test

What is a CLE test?

The test is used to look at your larynx (voice box) during exercise by using a thin, flexible tube with a camera lens at the end (called a laryngoscope).

Why is a CLE test needed?

Some patients 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 as it can have the same symptoms as asthma.

It is difficult to diagnose EILO during a consultation or normal breathing test where you blow into a tube. The CLE test means we can see if your voice box is causing your breathing problems during exercise.

We can then recommend treatment such as specialist physiotherapy to help your condition.

How is the test carried out?

We will first 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 gently pass the laryngoscope up the nostril to the back of

your throat. Some patients may experience a little discomfort in this area, but it does not hurt.

The tube is supported in place by attaching it to light headgear that looks like a headband, so you can exercise with ease.

We will ask you to exercise on an exercise bike (a bike that is fixed to the floor) or treadmill (a walking machine usually seen in gyms) or a rowing machine. You can stop the exercise at any time.

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

A doctor and physiology staff will be present during the test and can answer any questions you may have.

How should I prepare for the test?

If you take medications for asthma (such as inhalers), please keep using them as advised by your doctor and bring them with you. You should also bring a list of all your current medication with you.

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Please wear suitable clothing and shoes for exercise such as a tracksuit, t-shirt and trainers and allow one to two hours for the test.

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 two hours before the test
- Eat or drink anything containing caffeine (including coffee or tea) on the morning of your test
- Smoke on the morning of your test

▲ All of the above may affect the measurements of the test.

If you have any recent injuries, are unwell or are concerned that you may not be able to exercise, please tell us before you come in for the test. It is important that you are able to exercise to the point where your symptoms start in order for the test to be useful.

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 gently passed 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?

We can usually discuss your results with you immediately after the test. However, the full report takes longer and will be sent to your hospital consultant.

What can be done 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.

Please note that the first floor is on the second level if you come up the stairs. (The first level is called the mezzanine floor.)

Cancellations

If you are unable to come to your appointment, please contact your consultant's secretary as soon as possible. We can then give your appointment time to another patient and arrange a new time for you.

Who can I contact for more information?

If you need more information, please contact the lung function unit on **020 7351 8910**.

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 **020 7349 7715** or email pals@rbht.nhs.uk. This is a confidential service.

Royal Brompton Hospital
Sydney Street, London SW3 6NP
020 7349 7715

Harefield Hospital
Hill End Road, Harefield, Middlesex UB9 6JH
01895 826 572

This leaflet gives you general information about a continuous laryngoscopy during exercise (CLE) test. It does not replace the need for individual advice from a healthcare professional. Please ask if you need more information.