



Pulmonary Exercise Stress Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What is a Pulmonary Exercise Stress Test?

A pulmonary exercise stress test tells how much air moves in and out of your lungs when you exercise. During the test, you will be asked to ride on a stationary bike.

Why should I have a Pulmonary Exercise Stress Test?

Breathing problems may begin in the lungs, the heart, or the system that circulates blood. The pulmonary exercise stress test may locate where your breathing problems begin. Your test results can also show a safe activity level for you. This test may also be used by athletes to determine their anaerobic threshold, indicating their level of fitness and exercise capacity.

Preparation:

Please review with your doctor or your doctor's nurse.

- Don't eat or drink for 2 hours before the test.
- You will need to stop taking antihistamine medications 48 hours before the test. Caffeine and bronchodilator medications must be stopped for 24 hours prior to the test. Check with your doctor to see if you are taking any of these medications. In addition, if you are on beta blockers check with your doctor to see if you will need to stop them prior to testing.
- If you use an inhaler for breathing problems bring it with you on the day of the test.
- Wear walking shoes, such as sneakers and wear comfortable clothing that doesn't restrict your breathing
- Report any recent upper respiratory infection, cold, sinusitis, bronchitis or pneumonia.
- Please bring photo ID.

Procedure:

During the test, small pads (electrodes) placed on your upper body will monitor your heart rate. A device clipped to your finger will measure the amount of oxygen in your blood. You will also wear a soft comfortable face mask for testing.

Before you start to exercise, your heart rate, breathing, and blood pressure are monitored. Exercise as long as you can. When the test is over, keep the mask in place until you are told to remove it.

Throughout the process, blood samples may be taken. This is done to measure oxygen and waste products in the blood during exercise.

Plan to allow 2 to 3 hours from arrival to the time you can leave.

Outpatient Registration:

Please park in the Mercy Parking ramp located at 8th Avenue and 8th Street SE. Enter the hospital at the South entrance on ground floor. Proceed to the Lung Center.

Your appointment date and time: