

## **Pulmonary Exercise Stress Test**

The Pulmonary Exercise Stress Test determines how effective your lungs, heart and muscles function during exercise. This is usually done on a treadmill or on a stationary bike. If you have shortness of breath, it may help determine the reason for your symptoms.

### **Before the Test:**

- Come at least 30 minutes before the test.
- Do not eat or drink for 3 hours before the test.
- If you have diabetes, ask your doctor or nurse what you may eat or drink before the test.
- Do not smoke for 12 hours before the test.
- Some medications may be stopped prior to the test, ask your doctor or nurse.
- Wear comfortable clothing and walking shoes like sneakers.

### **During the Test:**

- Body hair may be shaved to place small pads on your upper body to monitor your heart rate.
- A sensor will be placed on your finger to monitor oxygen in your blood.
- You will be asked to wear a nose clip and breathe through a mouthpiece.

### **Before the Exercise:**

- A spirometry test may be done to measure the amount of air you breathe in and out at rest.

### **During the Exercise:**

- You will be asked to keep the nose clip and breathe through the mouthpiece.
- Your blood pressure, breathing and heart rate are monitored.
- You will be asked to exercise as long as you can.
- Blood samples may be taken to measure oxygen and carbon dioxide during the exercise.

### **After The Test:**

- You can resume your normal activity.
- You can resume your regular medications.
- The doctor will discuss the results with you on your next office visit or by telephone.