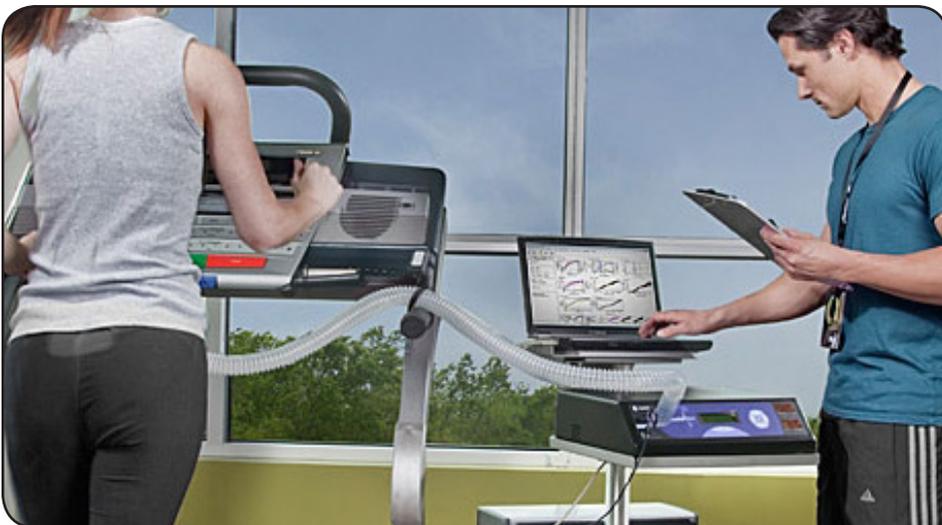




Exercise Challenge Test Procedure

Your health care provider has ordered an exercise challenge test to help diagnose and evaluate your health condition.



What does the test involve?

You will complete a pulmonary (lung) function test to measure how your lungs are working. The test will take place before and after the exercise challenge test.

If you have cardiac history, a 12-lead EKG is recorded for your medical record. A

blood pressure cuff will be attached to your arm so the therapist can take blood pressures.

You will walk on a treadmill with steady increases in speed and grade (slope or incline) until you reach a target heart rate. Your blood pressure, pulse, breathing rate and oxygen saturation level will be monitored. You will be asked how hard you feel you are working. The goal is to maintain a targeted breathing and/or heart rate for at least 4 minutes while in a controlled situation.

After you are done on the treadmill, you will be asked to do further lung function tests. You may be given an inhaled bronchodilator medicine (a drug that helps the airway open wider, making it easier to breathe). This will help relieve any shortness of breath or wheezing that you

You will be asked how hard you feel you are working.

The goal is to maintain a targeted breathing and/or heart rate for at least 4 minutes.



may experience.



Inform staff right away if you:

- become fatigued, dizzy or lightheaded
- feel out of breath
- have an unsteady gait
- have a low oxygen saturation level (the therapist will track this)
- have chest pain or any other unusual symptoms
- feel unsafe or need to stop exercising

For your safety, the test may need to be stopped due to these symptoms.

Risks, which were given in the consent form, include but are not limited to:

- abnormal blood pressure
- fainting
- increased irregular or ineffective heart rate or rhythm
- trouble breathing
- asthma attack
- respiratory (breathing) arrest and/or heart attack (in very rare cases)

If you have questions at any time, please ask staff.