

What happens during testing?

When you arrive, the first thing that we'll do is a breathing test called spirometry. This will measure the amount of air that you exhale when you are resting.

The exercise device for this test will be the treadmill.

We will explain the test and ask you to sign a consent form. Before you begin the test, we will set you up with monitoring devices that you will wear during the test. They will include:

- small pads with wires (electrodes), on your chest
- a blood pressure cuff on your arm
- a little clip on your finger to measure your oxygen level
- a cardiopulmonary exercise mask

The exercise portion of the test will be less than 15 minutes. We will start you slowly and increase your work load until you meet your maximum capacity.

While you are exercising, we will monitor your heart rate, your breathing, oxygen saturation and blood pressure.

When your test is finished:

Keep the monitoring devices in place. We'll remove them for you.

Exercise Induced Asthma Cardiopulmonary Exercise Testing (EIA)

**For a listing of providers, events,
support groups and health information visit
Dartmouth-Hitchcock.org**

Manage your health online at myD-H.org

Dartmouth-Hitchcock Medical Center is a charitable organization
and has a financial assistance policy.

DHMC is a Smoke-Free and Tobacco-Free campus.



Pulmonary Medicine
One Medical Center Drive Lebanon, NH 03756
(603) 650-5533 | Dartmouth-Hitchcock.org

PE - 201404-132

Appointment Information:

Date:

Time:

Location: 5C



What is a cardiopulmonary exercise test?

The cardiopulmonary exercise test will help us:

- check for symptoms you may have when you exercise (like shortness of breath)
- find out how much you are able to exercise
- decide if your lungs, heart, or muscles make it hard for you to exercise

Are there any risks?

Often, there are some risks to tests. These risks could include:

- shortness of breath
- wheezing
- changes in your blood pressure or heart rate
- feeling dizzy or like you may faint
- feeling tired
- heart attack
But this is rare!

How should I prepare for my test?

- No Large meals prior to test (a little water is acceptable.)
- Stop smoking for at least 12 hours before your test.
- Wear walking shoes or sneakers.
- Wear comfortable clothing. (A shirt that opens in the front will make it easier to place electrodes on your chest.)

On the day of your test, be sure to:

- Avoid all vigorous exercise and activities
- Bring your medication list
- Tell us if you have any allergies
- Let us know if you have any problems with walking or pedaling a stationary bicycle

If you have any questions, please be sure to ask!

Medications

Please talk with your doctor and ask about stopping any of the following medications.

Anti-inflammatory Medications:

- stop Anti-inflammatory medications **1 week** prior to testing (Prednisone; Singulair; Flovent; Pulmicort, Advair Diskus; Symbicort)

Bronchodilator Medications:

- stop inhaled albuterol or Combivent **6 hours** prior to testing
- stop inhaled sameterol (Serevent) or formoterol (foradil) **12 hours** prior to testing
- stop inhaled tiotropium (Spiriva) **24 hours** prior to testing