

# Exercise Stress Test

## **What is it?**

*A exercise stress test shows your doctor how your child's heart and lungs react to exercise. The test takes about 90 minutes. Your child will not be hurt, but he/she will be asked to run until he/she is very tired.*

## **Getting ready**

- *Your child should not eat anything more than a light meal 2 hours prior to testing.*
- *Your child should not have any soda drinks (Coke, Sprite, etc.) or caffeine (chocolate, tea, coffee) on the day of the test.*
- *Your child should not exercise on the day of the test. (No PE class)*
- *Your child should wear (or bring) a tee shirt and shorts or sweat pants. Girls may wear a sports bra.*
- *Your child should wear running shoes or tennis shoes. Your child **should not** wear sandals, loafers or slip-on shoes.*

## **What happens?**

*First, a pulmonary function test is conducted. This consists of your child breathing in a tube in several different ways. Then a technician will put several stickers on your child's chest. The stickers are called electrodes. Thin wires connect the electrodes to a machine that monitors your child's heart. Electrodes will not shock or hurt your child.*

## **Your child may also wear:**

- *An arm cuff (to measure his/her blood pressure)*
- *A small bandage-like probe (to measure the oxygen in his/her blood)*
- *Mask over his/her mouth and nose (to help us measure your child's breathing before, during, and after the test)*

*During the test, your child walks on a treadmill or rides an exercise bike. The exercise slowly becomes more difficult. (The treadmill runs faster and becomes steeper-like a hill-every three minutes.)*

*The amount of time that your child exercises depends on how his/her heart and lungs work during the test. We will try to keep your child exercising as long as he/she safely can. After the exercise a "cool down" walk will take place which consist of about 5 minutes of slow walking to prevent cramps.*

## **After the test**

*After exercising, your child will be asked to continue with some breathing tests for about 20 minutes. If needed, a bronchodilator may be administered to help your child with his/her breathing.*

*All results will be sent to the pulmonologist for interpretation then forwarded to the ordering physician.*

