**WHAT?**

- A test to determine how your heart and lungs respond during exercising.
- Examples of exercise are running, walking, riding a bike, playing on the playground, or playing sports.
- For this test, you will be asked to walk and run on a treadmill. Or maybe ride on a bicycle.

**WHY?**

- This test can determine if you have exercise induced asthma. Meaning when you exercise it is hard for you to breath.
- The test can may also help your doctor determine if sports or regular exercise is safe for your body.
- The test may also help test for unusual heart rhythms that may appear during exercise.
WHEN YOU ARRIVE

• You will check in with our receptionist.
• A staff member will call your name from the waiting room.
• Use the bathroom beforehand if needed.
**STEP 1: THE EKG**

- This test tells us how your heart is beating.
- Stickers will be placed on your chest and sometimes arms and legs.
- A clip with a wire is attached to each sticker.
- This test will not hurt.
- The stickers and clips will stay on your body until the test is over.
STEP 2: THE BREATHING TEST

- Staff will have you practice taking deep breaths then blow them out quickly to prepare you for the test.
- Staff will give you a large straw to hold inside your mouth to breath through.
- The straw is connected to a computer which tells us how you are breathing.
- A soft clip will be placed over your nose to make sure you are only breathing in and out of your mouth.
- You will be asked to take a few deep breaths through the large straw.
IT’S TIME TO GET READY FOR THE TREADMILL
STEP 3: PLACING THE BREATHING MASK ON

- So you do not have to hold the large straw while on the treadmill, the straw will be attached to a soft mask.
- The mask will go over your face and be secured behind your head.
- The metal clip on the mask will be tightened on your nose to make sure you are only breathing in and out of your mouth.
STEP 4: A BLOOD PRESSURE CUFF WILL ALSO BE PLACED ON YOUR ARM AND A PULSE OX ON YOUR FINGER
STEP 5: IT’S TIME FOR THE TREADMILL

- You will start by walking slowly on the treadmill. Make sure to hold onto the handlebars for extra support.
- You will be asked to use a “thumbs up” and “thumbs down” to communicate with staff.
- Staff will control the speed and tell you each time before they increase the speed.
- Depending on the speed, you may have to run to keep up with the treadmill.
- If you do not think you can continue walking/running, give a “thumbs down” to staff and they will stop the treadmill.
STEP 5: REPEAT THE BREATHING TEST

- The soft mask will be removed.
- You will be asked to hold the large straw in your mouth.
- The soft nose clip will be placed back on.
- Staff will ask you to take a few more deep breaths through the large straw blowing the breaths out quickly.
ALL DONE!
The EKG will be removed.
• Wear closed-toed shoes. Please avoid wearing shoes with back straps (ie. Crocs, sandals, flip-flops).
• You may eat before the test.
• Practice taking and blowing out deep breaths prior to exam.
• Please drink water as you normally would during sports/playing outside before the test. We have water bottles available for patients.
• For patients with long hair, tie hair back (ponytail, bun, braids) to prevent it getting in your face or tangled in the soft mask.
• Video explaining the breathing test: Getting a Breathing Test (Spirometry) by Nemours KidsHealth
  • Getting a Breathing Test (Spirometry) - YouTube
• Video explaining the exercise test: https://www.youtube.com/watch?v=6w0YISgWoJU