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.