

# Pediatric Cardiopulmonary Exercise Test

Your doctor has recommended a cardiopulmonary exercise test for your child at Children's Health. This handout describes your instructions and the testing procedure. We will review all of this information again and answer any questions on the day of your appointment.

## **What is a cardiopulmonary exercise test?**

It is a test that is used to see how your child's breathing is affected by intense exercise activity. It will also help the physician determine if difficulty during exercise is caused by limitations of the lungs, heart, or muscles. The information will help in forming a treatment plan for your child.

## **Can I be with my child during the test?**

You are encouraged to stay with your child throughout the testing process. Some parents choose to wait in the waiting area once the testing has started. It is very important that you do not interfere or distract your child during the test. We need their full attention for the entire test to get the necessary data.

## **How do we prepare for the test?**

- We recommend that your child only eat a light meal prior to testing. (A full meal prior to intense exercise can cause nausea and vomiting).
- Have your child wear, or bring comfortable clothes to wear for exercise on a stationary bike (shorts, t-shirt, and athletic shoes).

## **What will happen during testing?**

To begin, we will have them blow in a machine to determine how well they are breathing at rest. Then your child will be placed on a blood pressure monitor, oxygen saturation monitor, EKG monitor, and wear a soft mask to monitor breathing during the test. While being monitored, they will get on a stationary bike. They will be asked to warm-up, then ride while being monitored for approximately 10 minutes. The bike will be setup for them and will be adjusted for their needs. It will progressively get harder during the test. Your child will be coached intensely and it is vital that they ride the bike until they physically cannot continue or are asked to stop. We must obtain data at the most intense point of exercise for the test. When your child gets to the point that they cannot continue, they will be asked to continue pedaling at an easy pace to cool down their muscles.

## **What happens after the test?**

When testing is finished, your child will be allowed to recover and may or may not be given a bronchodilator. We will monitor your child until they are breathing easy and feel rested. A pulmonologist will review the information and send a report to your doctor or it will be discussed at a follow up appointment.

***If you have further questions prior to your test, please call the Pulmonary Lab at: 214-456-3893.***