

# Treadmill Exercise Test

Your doctor has recommended a treadmill 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 treadmill exercise test?

It is a test that is used to see how your child's breathing is affected by exercise. It will also help the physician determine if breathing difficulty during exercise is caused by exercise induced asthma or vocal cord dysfunction.

## How do we prepare for the test?

Medications to hold prior to test:

- **Hold for 6 hours prior:** Short-acting inhaled bronchodilators\* – reliever medications (*Albuterol, Xopenex, Proair*)
- **Hold for 12 hours prior:** Short-acting anticholinergics (*Atrovent*)
- **Hold for 36 hours prior:** Long-acting inhaled beta agonist (*Salmeterol*) and medications that contain this drug (*Advair*)
- **Hold at least 48 hours prior:** Long acting anticholinergics (*Tiotropium*) and short-acting antihistamines.
- We also 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 treadmill (shorts, t-shirt, and athletic shoes).
- **If you are unable to hold the rescue inhaler due to breathing difficulty, please let us know and we can reschedule the test or talk to the doctor.**

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

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. If your child is very anxious or has specific needs we will allow you to observe during the testing process but please watch quietly and be supportive.

## 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 oxygen saturation monitor, an EKG (heart) monitor, and a soft mask to monitor breathing during the test. While being monitored, they will be asked to warm-up, then walk/run on a treadmill. They will be on the treadmill for approximately 8 to 12 minutes total. Your child will be coached during the test, and it is important for them to try to continue until they are asked to stop. At the end of the test, the treadmill speed will be slowed prior to stopping. When testing is finished, your child will blow into the machine again at different periods of time with rest time in between for up to 20 minutes after the exercise. Your child will be allowed to recover and may or may not be give a bronchodilator.

## What happens after the test?

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.**