Patient Instruction
HUS Diagnostic Center
Clinical Physiology
www.tutkimukseen.fi

Hypoxia challenge

The purpose of the examination is to gain information on the effect of air travel on the arterial blood oxygenation of a person with a lung disease. Additionally, the examination can determine if air travel would cause serious symptoms of breathing difficulties or arrhythmia. Based on the results, we can assess the need for oxygen therapy during air travel.

The actual examination takes approximately 1,5 hours.

Before examination

Before the study, you must be:

- **4 hours** without coffee, tea, cola drinks and energy drinks
- **4 hours** without heavy meals
- **2 hours** without smoking
- **1 day** without alcohol

You can have a light meal.

Avoid heavy physical activity for 2 hours before the examination.

Take your medication as usual.

Bring your prescriptions or a list of your medications with you to the test.

Examination

In the examination, you will breathe in a mixture of gases through a mask. The gas mixture contains air with an oxygen content corresponding to the conditions in an aircraft during flight. The mask must sit tightly on your face, which is why you will need to shave off your beard completely before the examination. If you do not shave the beard off, the examination cannot be performed.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment, or if you fall ill with a respiratory infection (e.g. the flu) or some other acute illness. The examination cannot be performed until about two weeks after you have recovered from the respiratory tract infection.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

Date of entry: 14.4.2023
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Examination: 6009 Pt-HypAltR Hypoksia-altistuskoe
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