

## Exercise stress tests

The purpose of this examination is to evaluate your cardiovascular and lung function during exercise.

The test usually takes about 1 – 2 hours.

The following has been booked for you:

- A clinical exercise stress test
- Spiroergometry
- Spiroergometry with arterial blood gas measurement
- Spiroergometry and a lactate test

### Preparation for 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
- **36 hours** without alcohol

You can have a light meal.

Avoid heavy physical activity for 2 hours before the examination.

Please bring with you pants and shoes suitable for pedalling an exercise bike.

Remove any nail polish or artificial nail covering from the middle finger of one hand, because it may interfere with the fingertip pulse oximeter used in the examination.

### Medication

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

**Hold the following for 12 hours:**

Kirjoita tekstiä napsauttamalla tätä.

Kirjoita tekstiä napsauttamalla tätä. **days without** Kirjoita tekstiä napsauttamalla tätä.

- Take your other medication as usual
- Take all your medications as usual
- Take medication according to your doctor's instructions

### Examination

The exercise load will be gradually increased during the examination. We will monitor your possible symptoms, blood pressure and electrocardiogram while you exercise.

During the study, we may place a mask on your face to analyze the oxygen and carbon dioxide levels in your exhaled air and to measure your maximum oxygen consumption.

Exercise is continued until fatigue or the onset of a limiting symptom.

A physician will oversee the test.

### The stress test will be performed using:

- Bicycle ergometer
- An arm ergometer
- A treadmill

### 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 at least 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.