

# Pulmonary Exercise Test

Your doctor recommended that you have a Pulmonary Exercise Test. This test looks at your body's condition during exercise.

**Your appointment is on this date and time:** \_\_\_\_\_

## During your test:

Before you start exercising, you will perform some breathing tests. After that, we will monitor your heart and lungs while you walk on a treadmill, or ride a bicycle.

If your doctor requested bloodwork, we will take blood samples.

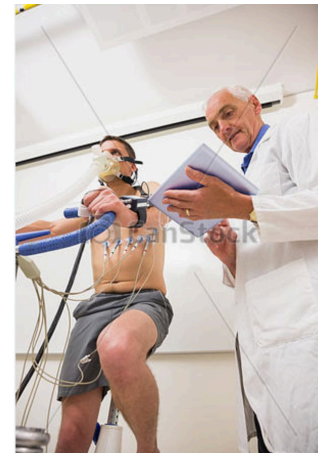
## Get ready for your appointment

- Don't eat any large meals for 2 hours before your appointment.
- Don't drink any carbonated drinks (soda, seltzer, fizzy drinks, beer), for 8 hours before your appointment.
- Don't smoke for 4 hours before the test.
- Don't use your inhaler for 4 hours before your appointment.
- Take your other medicines as usual.
- Wear comfortable shoes and loose fitting clothes.
- You can have a snack or a non-carbonated drink before the test.

## On the day of your appointment

- Arrive at our lab at least 15 minutes before your appointment.
- When you arrive, go to the 4<sup>th</sup> floor Pulmonary Diagnostic Lab. Check in with the receptionist there.
- Your appointment will last about 2 hours.
- Be ready to pay your co-payment on the day of your appointment.

**If you need to cancel your appointment, tell us at least 2 days ahead of time.**



**Questions? Call us!**  
**We are here to help.**

**Our hours:**  
Monday – Friday, from  
8:00 am to 5:00 pm.

**Call us:** 505-272- 0274

**Our location:**  
The 4<sup>th</sup> floor of the  
UNM Hospital.  
2211 Lomas Blvd, NE  
Albuquerque, NM 87106