

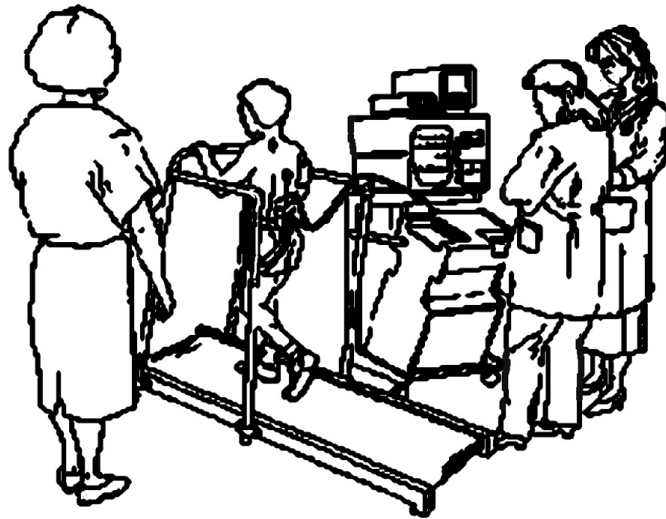
Name of Child: _____ Date: _____

Exercise Test

What is the exercise test?

An exercise test measures how well the heart works and how well it adjusts to different levels of activity. During the test, your child will walk on a treadmill or ride an exercise bicycle.

While your child is exercising, a technician will record your child's heart rate, heart rhythm, blood pressure, and symptoms.



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Getting ready

Tell your child this test will not hurt. The exercise may make your child feel tired or out of breath. There is no passing or failing with this test. It just gives the doctor information about your child's heart.

On the day of the test, your child should wear tennis shoes and loose, comfortable clothes.

Your child should eat a small meal or snack at least one hour before the test.

How is the exercise test done?

The technician will ask you a few questions, and take your child into the room for the test.

During the exercise test, your child's heartbeats will be recorded. This is done by EKG (electrocardiogram). To do this, the person doing the test will put a few stick-on patches (electrodes) on your child's skin. Wires from these patches go to a machine. That machine records the heartbeat. The wires may be held in place with a wrap or net shirt, so they won't fall off.

yes no See also the handout: EKG, ECG, or Electrocardiogram, #511

A blood pressure cuff will be put on your child's arm.

Before the test, while your child is resting, the EKG and blood pressure will be measured.

Then your child walks on the treadmill or pedals the cycle.

When the test starts, your child will start slowly and easily, walking or riding. Every few minutes, the technician will make the machine go faster or harder. The treadmill will speed up, or go more uphill. The bike will get harder to pedal. Your child will be asked to do as much as possible.

If breathing is being checked, too, your child may be asked to breathe through a special tube during the test.

Your child will be asked to exercise for as long as possible. The technician or doctor will ask your child to try hard on this test. During the test, someone will watch your child's EKG and blood pressure, and ask your child how he or she is feeling. The exercise will end when your child is too tired, if your child has pain or trouble breathing, or if there are problems with the heart rate or blood pressure.

After exercising, your child will lie down. While your child is resting, the technician or doctor will watch your child's EKG and blood pressure. Then the test is finished.

Does it hurt?

No, this test does not hurt. Your child may get tired or out of breath from exercising.

The electrodes are soft, and they go on and pull off easily. Sometimes, they may pull the skin when they are taken off, like a Band-Aid.

How will I find out the results?

Most of the time, a heart doctor will look at the results and talk to you right away. Sometimes, the doctor looks at the results later in the day. If this happens, the doctor will call you, and talk to you about the results.

Now that you've read this:

- Tell your child's nurse or doctor how you will get your child ready for this test. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Monday, August 4, 2008 • DRAFT to family review
#514 • Written by Sharon Pfeiffer, RN • Illustrated by Dennis Swain



Name of Health Care Provider: _____ Number: 514

For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!