

Longfunctie

Ergometry (exercise test) (Engelse vertaling)

An ergometry is an exercise test. This study can be used to examine the physical exertion you are capable of and the cause of any reduced performance capacity.

The preparation

Corona check:

If you have one or more of the following complaints that are associated with a corona infection:

- Do you cough?
- Are you short of breath?
- Do you often sneeze?
- Have you often had the last of a runny nose lately?
- Do you have a fever? (cold, cough, shortness of breath, fever, or diarrhea)

We request that you contact us in advance by telephone. The pulmonary function department is available on working days from 08:00 to 16:30 (tel. 020-444 4324).

Medication: You may continue to use your medication unless the doctor has agreed otherwise with you. Do you want to include a list with the medication you used on the day of the study and the days prior to the study?

Food: You can eat normally before the examination, but no extended meal shorter than 2 hours before.

Jewelry: We ask you to take off your earrings and, if possible, all other jewelry at home. These can be disturbing during the test.

Take:

- Sturdy shoes that you can cycle with.
- Clean underwear.
- Sports pants. If you do not have one, you can wear Amsterdam UMC pants during the test.

Note: for the heart video you will cycle bare-chested:

- Women: you can keep your (sports) bra on.
- Men: We may need to shave some chest hair. You can do this at home if you wish.

Smoking and exercise: You are requested not to smoke for 2 hours before the examination and not to carry out a heavy effort.

The test

After dressing, take a seat on a recumbent bike (type of exercise bike). A blood pressure cuff is attached to your arm. Comic strips are placed on your chest for a heart film. You breathe in and out through a mask. With this we measure the absorption of oxygen and the release of carbon dioxide.

When you start cycling, the resistance is regularly increased. Blood pressure and heart rate are monitored while you are cycling. In order to get the best possible picture, it is important that you make the best possible effort. You decide when you are no longer able to do so. During the test, blood will be taken from the arm. Depending on the course of the test, it may also be necessary for blood to be sampled from the wrist (artery puncture).

After the examination, there will be an opportunity to shower and change clothes.

In general, the bicycle test is a strenuous and exhausting investigation.

The appointment:

It is important that you start the research calmly and relaxed. **You are therefore requested to be present a quarter of an hour before the start of the test.**

The research will take $\pm$ 1 hour.

One person may be present during the examination in children. This is not always possible in adults. You can consult this with the lung function analyst who performs the test.

If you are unable to attend or if you still have questions after reading the below, you can contact us by telephone. The pulmonary function department is available on weekdays from 8 am to 4.30 pm (tel. 020-444 4324).