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 4th 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 4th floor of the UNM Hospital.
2211 Lomas Blvd, NE
Albuquerque, NM 87106