

Child health information factsheet

Exercise tests

You have been referred by your doctor for an exercise test.

The exercise test will take place in the paediatric physiotherapy department on B level, west wing at Southampton General Hospital.

The test should take about 45 minutes to one hour.

Please bring with you

- Shorts
- Trainers
- A drink
- Any medication or inhalers you use.

The test

The exercise test is a modified shuttle test (you may have done something similar at school called the 'bleep test').

During the test you will walk a set distance between two cones in a set time.

The physiotherapist will measure the oxygen levels in your blood using a probe on your finger during the test.

You keep going until you are unable to continue or it reproduces your symptoms.

If you have any questions or concerns please contact

Paediatric physiotherapy department, B level west wing, Southampton General Hospital: **023 8079 4560**

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.