

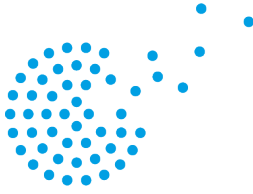
## Bicycle ergospirometry



**What:** We determine your physical performance using a home-trainer bicycle (an ergometer). We can thereby see whether your lungs and heart are performing sufficiently. Do you experience discomfort during exercise? Then we can use ergospirometry to place YOU under a measured amount of physical stress, and thereby observe the complaints more closely

**How:** Bring your sports clothing with you. It's best if you eat something light approximately 2 hours before the examination. Please don't take any asthma medication on the day of the examination. You can also change your clothes in the practice. Unfortunately, we can't offer you the possibility of showering, however. Bring a bath towel with you, because the exercise will be hot and rigorous!

The practice assistant will first carry out a lung function test on you at rest. He/she will then wire you up, because we want to record your heart activity precisely using an ECG (electro-cardiograph). You will be fitted with 10 cables. Each of these has a small suction cap, which stick to your skin by suction. We attach four cables to your back, and six under and next to your chest. Girls may need to lift their bra in order to attach the suckers.



If all the suckers stay attached, you could, of course, have the test carried out while wearing a bra, or even a T-shirt. We also attach a small probe to your right earlobe: this measures the oxygen content in your blood. A pressure measurement sleeve is fitted to your right arm.

Important: all these devices will not hurt you. You'll hardly feel them during the test!

As shown in the picture, you will then wear a pilot's mask. There is a small turbine in it, with which we measure your respiratory flow. The mask may look a bit greasy, but you can breathe well with it all the time.

**You will never be left alone during the examination! The test will be immediately stopped if you can't carry on.**

The bike is adjusted and we then let you pedal away. 3 minutes without any resistance ... and then it becomes harder every minute. We will motivate you to give your very best, because the test only gives meaningful results if you really go flat out.

After discontinuing the exercise-level (due to discomfort or fatigue), we will perform further lung function tests at regular intervals. Depending on the result, we will let YOU inhale a bronchial dilating drug and then measure your lung function again.

Everything OK? Please contact us in advance if you have any questions.

We wish you a good test and promise to be there for YOU!

The team of the Baar Children's Practice