

Exertional Hypoxemia Test

If you have a cold, flu, fever or are feeling ill, contact the Bookings Office at 519-631-2030, ext. 2378 prior to coming for your test.

What is an Exertional Hypoxemia Test?

An Exertional Hypoxemia Test is used to help measure the oxygen levels in your blood during activity. The test is conducted to assess whether you qualify for home oxygen therapy. The testing session will take approximately 60 minutes to complete.

What will happen during an Exertional Hypoxemia Test?

The Respiratory Therapist (RT) will connect an oximeter probe to your finger and document the percentage of oxygen in your blood (SpO₂) and your heart rate. This will not hurt at all. You will then walk up and down the hall at your own pace for a maximum of 10 minutes. Nasal prongs will then be placed inside your nose. The prongs will be attached to an oxygen tank that will provide you with oxygen flow. You will then walk up and down the hall at your own pace for a maximum of 10 minutes with the oximeter probe on your finger to monitor your oxygen levels and heart rate. The RT will evaluate the results and you may be asked to repeat the test a second time during your appointment.

What will happen after the Exertional Hypoxemia Test?

After your test, the RT will discuss with you whether you qualify for home oxygen. If you qualify, the RT will facilitate the process to get you set up.

How to prepare for an Exertional Hypoxemia Test?

- Continue to eat and drink normally, but do not consume a heavy meal one (1) hour prior to your test.
- Do not smoke for three (3) hours before your test.
- Wear comfortable clothing and walking shoes.
- If you use a walker, bring it with you.
- Take all medications as prescribed.

