

# TESTfacts

An Educational Health Series From National Jewish Health®



## Oxygen Titration with or without Arterial Blood Gas

### What is the Oxygen Titration Test?

Your doctor has suggested you have an oxygen titration test as part of your evaluation at National Jewish Health. The oxygen titration test evaluates your oxygen needs at rest and during exercise. This test will help your doctor determine the best treatment for you.

### How do you get ready for the test?

- ✓ Wear comfortable clothes for exercise. No dresses, please. Wear tennis (running) type shoes. Avoid wearing sandals, slippers or high heels.
- ✓ Continue to take all of your medicine as you usually do.
- ✓ Exercising can drop blood sugar in patients who are taking medications to control diabetes. Bring your glucose meter, test strips, and a source of fast-acting glucose with you (such as glucose tablets or glucose gel).
- ✓ Eat a light meal 2 hours before the test.

### What is done during the Exercise Test?

A technician will explain what you will do during the oxygen titration test. First, you will sit in a chair while we measure your heart rate, and oxygen level. These will also be measured during and after the test.

If an arterial blood test is ordered this will be drawn before the six minute walk test.

A pulse oximeter will be placed on your earlobe, forehead or fingertip to monitor your oxygen while you walk.

## REGISTER NOW

to Receive **FREE** Health  
Tips, Research Findings,  
Ways to Support Our  
Mission, News &  
More in Your E-Mail Box

Visit [njhealth.org/e-news](http://njhealth.org/e-news)  
for more information.

## Follow us online!

facebook

[facebook.com/NJHealth](http://facebook.com/NJHealth)

YouTube

[youtube.com/NationalJewish](http://youtube.com/NationalJewish)

twitter

[twitter.com/njhealth](http://twitter.com/njhealth)

You will walk back and forth in a long hallway for six minutes while we measure your oxygen level. If your oxygen level drops below 89% you will be given oxygen to wear while you exercise. The six minute walk test will determine if you need oxygen when you exercise. If you need oxygen the test will also determine how much oxygen you will need.

Note: The doctor visit, oxygen titration test, oxygen order and receiving the oxygen must all occur within 30 days. Any delay may require you to be retested.

### How long will the test take?

The oxygen titration test often takes about 30 minutes. Actual exercise time does not take this long. Some of the test period is to prepare you for the test and observe you after the test.

### How do you get to your test?

On the day of your scheduled test, report to Pulmonary Physiology Service, unless you have different instructions. If you have questions please call at 303-398-1355, option 4.

©National Jewish Health PTE-378, rev6/18