

# TESTfacts

An Educational Health Series From National Jewish Health®



## High Altitude Simulation Testing

### What is a high altitude simulation test?

Your doctor has suggested you have a High Altitude Simulation Test as part of the evaluation at National Jewish Health. A High Altitude Simulation Test (HAST) is a test to determine if you need supplemental oxygen when you fly on an airplane or go to a higher altitude.

The standard order is for a simulated altitude of 8,000 feet, which is the same atmospheric pressure as the cabin of a commercial airplane. This is not a barometric chamber but rather simulating various altitudes. Other altitudes can be simulated (E.g. Aspen, etc.) if ordered by your health care provider.

This test will help your doctor determine the best treatment for you.

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

- Wear comfortable clothes.
- Take your medication as you usually do.

### What is done during the test?

The technician will explain what you need to do during each test. If you have questions during the tests, please ask the technician.

During the test:

- You will do some spirometry breathing tests.
- Your oxygen level will be monitored with a pulse oximeter on your finger.
- You may also have an arterial line placed in your wrist to measure your oxygen level during the test.

Once these monitors are in place, you will breath into a mask for about 20 minutes while we measure your oxygen level. Based on these results you may breathe into a mask for another 20 minutes while inhaling oxygen through a nasal cannula.

## 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)

**You Tube**

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

**twitter**

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

### How long will the test take?

The HAST test often takes 2 hours to complete, although sometimes people stay longer.

### How do you get to your test?

On the day of your scheduled test, report to room A310a in the Pulmonary Physiology Service (PPS). PPS is located on the 3<sup>rd</sup> floor of the May building. If you have questions please call the Pulmonary Physiology Unit at 303-398-1530.

PTE-312, rev10/14