

High Altitude Simulation Test

Your doctor has recommended a High Altitude Simulation Test at Children's Health. This handout describes your instructions and the testing procedure. We will review all of this information again and answer any questions on the day of your appointment.

What is a High Altitude Simulation (HAST) Test?

The HAST test can help to determine if a patient will be able to tolerate the lower oxygen pressure in a plane or at higher altitudes (greater than 8000 feet). It can be used to learn if a patient needs supplemental oxygen, and if so, how much is needed to compensate for the higher altitude

Can I be with my child during the test?

You are allowed to stay with your child throughout testing. Some parents choose to wait in the waiting area. The entire test takes about 30 minutes.

How do we prepare for the test?

There are no special preparations for this test. You may bring a phone or tablet for your child to play with or watch during the test.

What will happen during testing?

Your child will need to sit quietly and breathe a special mixture of oxygen while wearing a mask for about 20 minutes. They will also wear a nasal cannula in case supplemental oxygen is needed during the test. Your child will be monitored very closely with an oxygen monitor (pulse oximeter) and a heart rate monitor.

What happens after the test?

When testing is finished, a pulmonologist will review the information and send a report to your doctor, or it will be discussed at a follow up appointment.

If you have further questions prior to your test, please call the Pulmonary Lab at: 214-456-3893.