

High Altitude Simulation Test (HAST)

Test date _____ Test time _____

What is a High Altitude Simulation Test (HAST)?

This test gives your doctor details about how much extra oxygen, if any, you may need when flying or traveling to high altitudes. Someone with lung disease may need more oxygen.

How do I prepare for this test?

- No smoking or breathing in secondhand smoke before the test.
- Remove any finger nail polish.
- No heavy exercise before the test.

What do I have to do during the test?

For this test you will be in a reclined chair. A nasal canula will be placed in your nose and a clear round hood will be placed over your head. This will rest on your shoulders for about 30 minutes. There will be a constant flow of air released into the hood. This will be like the oxygen level during air travel. Your oxygen level will be monitored by a small sensor placed on your finger. If your oxygen level decreases to a certain level a small sample of blood may be drawn. This will check the oxygen level in your blood. Once the blood is drawn, extra oxygen may be given to you until your oxygen level is at the right level.

What do I need to do after the test?

You should be able to do your normal routine after the test. Your health care provider will talk with you about your test results with you when the final report is ready.

Finding Your Way

From the parking ramp you will enter through the main Hospital Entrance. Follow the brown pathway past the “D” elevator lobby to “Clinic Registration” by the surgical waiting area. After you are registered, we will direct you to the Pulmonary Function Lab “Check In” area. This test will be performed in the Pulmonary Function Lab.

If you will be seen at UW Health, this test will be performed in the Pulmonary Function Lab (Module B6/2). Staff at the information desk can direct you. Please arrive 15 minutes prior to your appointment to allow time to register.

If you will be seen at the American Family Children’s Hospital, please check in at Registration on the 2nd floor of the Children’s Hospital. We will tell the Pulmonary Function Lab staff you have arrived.

If you have any questions or concerns before the test, please call the UW Pulmonary Function Lab at **(608) 263-7000** or toll free **1-800-323-8942**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©10/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6383.