

### On the day of the test

Please try to be as well rested as possible and do not do any heavy exercise earlier on the same day. You may need to reschedule the test if you feel unwell (for example, if you have a cold). If you do not feel you can give your best exercise effort please contact the department before or on the day of the test.

### For further information please contact:

Preoperative Assessment Department, Wycombe General Hospital.

Direct Tel: 01494-426467

Please always state your full name, hospital number, surgery required, and Consultant who requested the test.

### How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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# Cardio-Pulmonary Exercise Test: Information for patients

A test to investigate cardiac function, breathlessness and metabolic fitness.

### Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

# Cardio-Pulmonary Exercise Testing

## What is this test and what does it involve?

A cardiopulmonary exercise test lets your doctor see how your lungs, heart and muscles react to exercise. While you cycle on an exercise bike we will measure how much air you breathe, how much oxygen you need and how fast and efficiently your heart beats.

To measure the amount of air you breathe, you will need to wear a facemask. An ECG (electrocardiogram) will check the electrical activity of your heart, a blood pressure cuff will measure your blood pressure at the beginning and end of the test and a small peg on your finger will measure how much oxygen is in your blood.

## How the test is carried out

Before the test begins the Clinical Physiologist or Doctor will explain it to you. Please feel free to ask questions and share any concerns at this time. Please try to describe as best as you can any chest discomfort, breathing problems, light headedness, dizziness, fluttering in the chest, weakness, tiredness, or anything else you think may be relevant.

Your doctor and/or a Clinical Physiologist will be with you during the test. Your heart rate and rhythm, blood pressure, breathing rate, the amount of oxygen you use and how much oxygen is in your blood (finger probe) will all be checked during the test.

To begin with a resting measurement, lasting three minutes, will be taken. As the facemask will be in place, you will be told to give hand instructions to reply to the Clinical Physiologist or doctor's questions during the test.

You will be asked to keep cycling until you are told to stop or until you are either too short of breath or unable to carry on for some other reason. The Clinical Physiologist /doctor may stop the test if he/she has all the information that is needed. All these instructions will be carefully explained to you before the test begins.

## After the test

You can eat and drink as usual. Depending on how you feel, you may go about your normal routine or take it easy if you feel tired. Please do not take a hot shower for at least an hour after the test. Your blood vessels expand with exercise and need time to return to normal. A hot shower may expand them more causing low blood pressure and dizziness. The Clinical Physiologists, doctors and nurses are there to help you at all times.

## Results

The results will be discussed with you on the day or sent to the consultant who referred you for the test. He/she will normally discuss the results with you at the next outpatient clinic or ward round.

## Advice to patients before testing

### Clothing

Please wear comfortable, loose-fitting clothing and flat shoes that will not slip off.

### Medication

Before the test you may take breathing medications, such as inhalers, and any other medications that you normally take.

### Smoking, eating and drinking

If you smoke, please avoid smoking for at least eight hours before the test. It is also important that you do not eat or drink coffee, tea or any other drinks containing caffeine for two hours before the test. This is to ensure the measurements taken are as accurate as possible.

### Your health

Please tell the doctor about any conditions (temporary or permanent) that could affect your ability to move, walk, stand, or keep your balance. If possible please try to discuss this when you are first told that you should have this test as it cannot be performed if you are unable to walk. It is also important that the Clinical Physiologist / doctor carrying out the test has this information.