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**Patient information**

**Cardio Pulmonary Exercise Test**

**Cardio Respiratory Department**

Your Consultant / Doctor has advised you to have a ] cardio pulmonary exercise test?

### **What is a cardio pulmonary exercise test?**

This is an assessment to assess the efficiency of your heart and lungs. A doctor and/or physiologist will be present to both support you and monitor you throughout the test

### **What are the benefits of having a cardio pulmonary exercise test?**

It will measure how well your heart and lungs are working. It can also give important information about which organ is causing your breathlessness and stopping you from performing your daily activities.

### **Are there any alternative investigations available?**

There is no alternative way of obtaining the information required from this test.

### **What are the risks of having a cardio pulmonary exercise test?**

This is a very safe procedure. However, as with many procedures, it does carry risks. There is a very small risk of having chest pain, a change in heart rhythm (arrhythmia), or an angina attack during the procedure. There is a one in 10,000 risk of suffering from a cardiac arrest during the procedure.

You will be able to discuss the procedure with a doctor or physiologist before the test. You will be asked to sign a consent form to say that you understand the procedure, and what it involves.

## **What will happen if I decide not to have the investigation?**

Your level of service will not be affected if you decide not to have the test. However, your doctor/consultant will not be able to obtain the necessary information that would have been gathered from performing the test.

**If you are worried about any of these risks, please speak to your Consultant or a member of their team.**

### **Getting ready for your test:**

- Do not eat more than a light snack within two hours of the test.
- Do not smoke for 24 hours before your test.
- Do not drink alcohol for at least six hours before the test.
- Avoid vigorous exercise for at least 30 minutes before the test.

**Do not stop taking any of your medications unless your doctor has told you to do so.**

### **Consent:**

A doctor or physiologist will go through and ask you to sign a consent form before the test begins.

### **The day of your test:**

Please bring with you loose comfortable clothes and footwear (i.e. tracksuit, shorts and button through shirt or blouse, plimsolls or trainers) as you will be exercising on a bicycle.

The test involves you cycling on a stationary bicycle while your heart is monitored through wires attached to your chest in the same way as an ECG (heart tracing machine).

You will also be wearing a mask covering your nose and mouth which is like an oxygen mask to measure how much oxygen you breathe in and how much carbon dioxide you breathe out during the test.

An exercise programme will be chosen specially for you to allow you to exercise for between eight to twelve minutes. Your doctor or physiologist will discuss this with you.

The appointment will last approximately one hour.

## **Going Home**

The staff will monitor you until you have recovered. You will then be allowed to leave the department.

Remember that you have just had a vigorous assessment. It is normal to feel more tired than usual for a few hours afterwards.

## **Returning to work**

You can return to work straight after your assessment unless the doctor/ consultant tell you otherwise on the day of your test.

## **Further Appointments**

There will be no further appointments for this test. However, your results will be discussed with you at your next clinic appointment.

## **Further Information:**

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