

## Patient information factsheet

# Cardio pulmonary exercise test (CPET)

**This leaflet provides information about your forthcoming appointment so that you know exactly what to expect. We'll go into more detail during your appointment and you'll also be able to ask any questions that you may have.**

### Having a cardio pulmonary exercise test (CPET)

A cardio pulmonary exercise test (CPET) is used to assess the response of the heart and lungs to exercise. The test is useful for a number of cardiac and respiratory conditions.

### Preparing for your appointment

You should continue to take all of your usual medications, unless stated otherwise in your appointment letter. You'll need to wear clothes and footwear suitable for doing exercise and bring a list of your current medication with you to your appointment. On the day you should come in well rested. It's advisable that you avoid drinks with caffeine in (such as tea, coffee, cola and energy drinks) as they may affect the results. Other fluids can be continued up to the start of the test. Don't eat a heavy meal within two to three hours of the test.

If you are (or could be) pregnant, then contact the department as it may not be advisable to proceed with the test.

### At the appointment

During your appointment stickers (called electrodes) will be put onto your chest to monitor your heart rate and rhythm. Some men may need to have a small area of their chest shaved in order for the electrodes to stick to the skin. We will perform some simple breathing tests known as spirometry. To do this you will be fitted with a face mask. We will also check your blood pressure during the test.

A special exercise bike is used for this test. You will be encouraged to cycle for as long as you can whilst your body's response to exercise is assessed. The appointment typically lasts up to an hour but you will be exercising for no more than 15 minutes, during which you'll need to exercise to the best of your ability. Throughout the test the intensity of the cycling will gradually be increased.

When you have completed the exercise you'll be monitored whilst you rest and your body recovers. We recommend that you then remain in the department waiting room for 20-30 minutes after the test to allow you time to fully recover.

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## Your results

Your results will be sent to the doctor who requested the test, which may be your GP or a hospital consultant. You may be given the results of this test during your next clinic appointment with your hospital consultant. Alternatively the results may be sent back directly to your GP. If you are unsure please ask during your appointment.

## Further information

If you need help getting to your appointment please contact your GP surgery so they can arrange hospital transportation for you.

If you would like further information please contact the non-invasive cardiology department on **023 8120 6404**. Alternatively you can visit our website at **www.uhs.nhs.uk** and search for '**non-invasive cardiology**'.

**If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.**