

Cardiopulmonary Exercise Test (CPET)

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please speak to a member of staff who can arrange it for you.

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لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

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إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Cardiopulmonary Exercise Test (CPET)

This leaflet provides information about your forthcoming appointment, so that you know exactly what to expect.

We will go into more detail during your appointment and you will also be able to ask any questions that you may have.

What is it?

A Cardiopulmonary Exercise Test (CPET) is used to investigate your exercise capacity. In other words, how your lungs, heart and muscles respond when you exercise. The test is useful for identifying a variety of heart and lung conditions. It can also give us information for a pre-operative assessment, to help decide your suitability for surgery and plan your care after surgery.

Before your appointment

- Take all medication including inhalers as normal, unless otherwise stated by your doctor- if you have been prescribed GTN spray, please bring this with you. Please bring a list of your current medication with you.
- Arrive wearing clothes comfortable for riding an exercise bicycle, for instance, loose-fitting clothing (not skirts) and shoes that will not slip off e.g. trainers.
- Try to avoid drinks containing caffeine (e.g. tea, coffee, energy drinks, cola), alcohol, smoking or strenuous exercise on the day of the test.
- Keep well hydrated with water, but do not eat a heavy meal for 2 hours before your appointment.

If you cannot attend your appointment

If you need to rearrange your appointment, or no longer need an appointment, please call the Cardio-Respiratory Department as soon as possible on:

01744 646839 / 01744 646915

Being able to reallocate appointments helps us to reduce waiting times.

Contact/further information

If you are unsure about any of the information provided in this leaflet, or you have any other questions. Please do not hesitate to contact the cardiorespiratory department on:

01744 646839 / 01744 646915

and ask to speak to one of the respiratory physiologists who will be performing your test.

Are there any risks?

The risk for CPET is the same as for mild to moderate exercise, the number of patients who develop serious medical symptoms is low (1:1000).

- We will be monitoring you closely during the test, with continuous ECG, blood pressure and oxygen measurements. If you develop significant symptoms, we will stop the testing.
- From our experience, due to the nature of the test, occasionally patients may feel lightheaded.

Test results

After your appointment, the respiratory physiologist will look at the data and produce a report.

This report will be shared with your referring consultant for their review.

They will then contact you to discuss the results and the next steps.

Consent

You may be asked for consent to perform tests during your appointment.

You will also have an opportunity to ask questions regarding the tests before you give consent.

In the unlikely event there are risks related to the tests, these will be discussed with you before the test starts.

What will happen during your appointment?

Before the exercise begins we will take your blood pressure and look at the rate and rhythm of your heart, with an electrocardiograph (ECG) which involves placing stickers on your chest. (Some people may need to have a small area of their chest shaved in order for the stickers to stick to the skin).

Next, we will perform a breathing test to assess the airflow in and out of your lungs.

You will be fitted with a face mask to measure your breathing rate and levels of certain gases.

During the test we will also measure your blood pressure and your oxygen levels using a probe on your finger.

- In some circumstances, we will also take a sample of blood from your ear before and after the exercise.
- You will then be asked to cycle on an exercise bike (see picture on next page). You will be encouraged to cycle for as long as you can, whilst your body's response to exercise is assessed.
- The test will last no more than 15 minutes, during which you will 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 will be monitored whilst you rest and your body recovers.
- The whole testing process will last approximately 90 minutes.

Please ask a member of staff if you would like a chaperone present during your procedure.



Who will be present at your appointment?

The test will be carried out by respiratory physiologist with or without a supervising doctor.

There may be students present during your consultation as part of their ongoing training.

Please let the staff know if you do not wish any students to be present during your appointment.

How fit do I need to be to perform the test?

Many patients worry that because they do not take part in regular exercise, that they may not be able to do the test.

The test is as open to patients who are elderly or unfit as it is for athletes.

The physiologist will adjust the difficulty of your test to your estimated ability.

Sometimes you may not be able to complete the test if you cannot pedal the bike, because of problems in your hips or knees.

It will use muscles you may not have put through their paces for some time and so may make you feel tired later on.

You may also experience sore muscles or joints the next day. This is normal.