

Cardio-Pulmonary Exercise Test

How to prepare and what to expect

This handout describes a cardio-pulmonary test and explains how to prepare for it.

Your cardio-pulmonary test will be on:

DAY

DATE

TIME

If you need to reschedule or cancel, please call 206.598.4265.

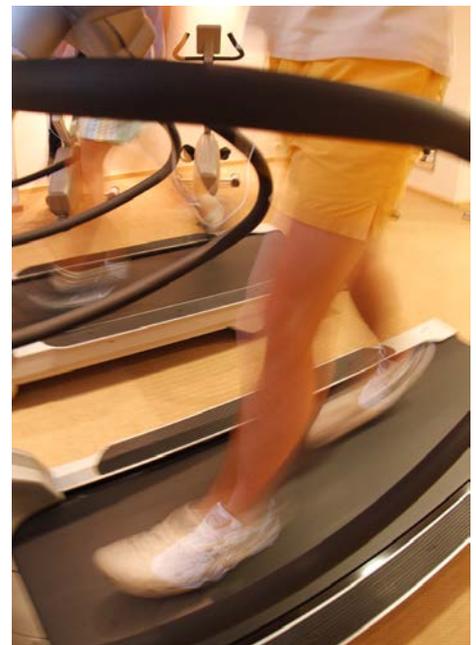
Why is a cardio-pulmonary exercise test done?

A cardio-pulmonary exercise test is done to assess how well your heart and lungs work when you exercise.

Your results will be compared to healthy people who are the same age and gender as you.

What should I expect?

- Your cardio-pulmonary exercise test will take about 1½ hours.
- For the test, you will either ride a stationary bicycle or walk on a treadmill for about 20 minutes. You will breathe into a mouthpiece while you exercise.
- Before you begin to exercise, you may have a breathing test and an *electrocardiogram* (ECG, or EKG) done. An ECG measures electrical activity in your heart.
- During the test, we will closely watch your *vital signs* – your blood pressure, heart rate, and oxygen levels.
- **Tell a staff person** if you have chest pain, trouble breathing, weakness, fatigue, or dizziness. We will stop the test right away.



For this test, you will exercise for about 20 minutes while we watch your vital signs.



Avoid all forms of caffeine on the day of your test.

- You will keep exercising until you reach your *maximum* exercise *limit*. This is the point where you feel you need to stop.
- A pulmonary technician and a doctor will be with you during your test.
- Your knees and legs will feel “rubbery” (weak) after exercising. For your safety, take the elevator instead of the stairs.

How should I prepare?

Medicines

- Please take your medicines as usual the day of the test, unless your doctor tells you not to.
- Bring a list of all medicines that you take with you to the test.

What to Wear

- Do **not** use any creams, powders, or bath oils on your skin the day of the test.
- Please wear or bring clothing and shoes that you would wear for exercising.
 - You may want to wear a loose-fitting top and pants and comfortable rubber-soled flat shoes, such as running shoes.
 - Do **not** wear a dress or skirt.
- If you arrive in your exercise clothes, you may want to bring other clothes put on after your test.

Diet

- You may eat a light meal (toast, soup, or small muffin) up to 2 hours before the test.
- On the day of your test, avoid:
 - Smoking
 - Alcohol
 - Foods that have caffeine such as coffee, tea, cola, chocolate, and energy drinks and energy bars

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Lung Function Testing:
206.598.4265

After hours and on weekends and holidays, call 206.598.6190 and ask for the Pulmonary Fellow on call to be paged.