

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.

You are scheduled for testing on:

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

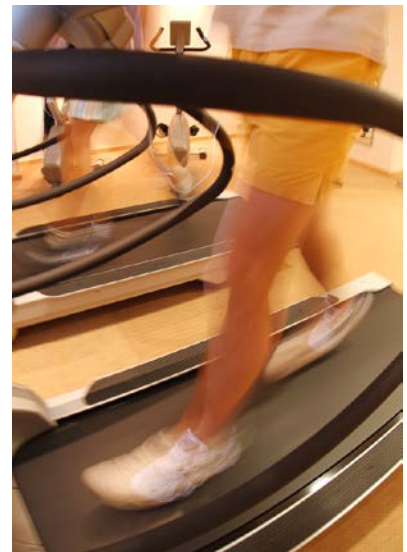
Why is a cardio-pulmonary exercise test done?

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?

- The test consists of riding a stationary bicycle or walking on a treadmill for about 20 minutes. You will breathe into a mouthpiece while you exercise.
- Before exercising, you may have a breathing test and an *electrocardiogram* (ECG, or EKG) done. An ECG measures electrical activity in your heart.
- Your blood pressure, heart rate, and oxygen levels will be closely watched during the entire test.
- You will keep exercising until you reach your maximum exercise limit. This is the point where you feel you need to stop.
- During the test if you have chest pain, trouble breathing, weakness, fatigue, or dizziness, you must tell the staff. The test will be stopped right away.



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



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

- A pulmonary technician and a doctor will be with you during your test.
- Your test will take about 1½ hours.
- 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

- Please wear or bring clothing and shoes that you would wear for exercising. This may be a loose-fitting top and pants and comfortable rubber-soled, flat shoes, such as running shoes.

Women: do not wear a dress or skirt.

- If you arrive in your exercise clothes, you may want to bring other clothes to change into after the test.
- Do not use any creams, powders, or bath oils on your skin the day of the 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.