

Cardiopulmonary Exercise Test (CPET)

Respiratory

What is a Cardiopulmonary Exercise Test (CPET)?

A CPET is a medical test which is used to evaluate the function of your lungs, heart and muscles at rest and during exercise.

CPET is used for many specific reasons, but in general it can be useful in investigating breathlessness or helping estimate risk for patients undergoing surgery.



How will I benefit from doing the test?

The results of the test will give the requesting doctor information about how fit you are and what might be causing your shortness of breath. If you are awaiting surgery, the test results will also enable the doctor to assess your suitability for this and your care requirements after the operation.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Are there any risks associated with performing the test?

The risk of side effects with CPET is the same as for mild exercise. The number of patients who develop complications during the test is low. The type of complications that may occur include abnormal blood pressure, fainting, or a change in your heart rhythm.

Extremely rare, serious complications such as heart attack or stroke may occur.

What does the CPET involve?

You will be asked to exercise on a stationary bike whilst wearing a mask to measure your breathing. The intensity of the exercise will increase gradually in order to make your heart and lungs work harder.

During the test you will wear electrodes on your chest so that we can measure your heart rate. We will closely monitor your blood pressure and oxygen levels throughout the test.

We will encourage you to exercise for as long as you can in order to gather as much information as possible. The test will end when you become too tired to continue or we decide that we have enough information for the doctor.

At the end of the test we will encourage you to pedal slowly in order to help you recover more quickly. We will continue to monitor your breathing, heart rate and blood pressure until they return to resting levels.



Who will be performing the test?

Your test will be performed in the Respiratory Centre by two Respiratory Physiologists. On occasions a doctor may also be present to observe the test.

How long will the appointment take?

Your appointment will last approximately one hour in total, but you will only be exercising for a maximum of 20 minutes.

What should I wear for the test?

You should wear lightweight, comfortable clothing and flat shoes which will not slip off the pedals. We would prefer you not to wear any necklaces or earrings to this appointment.

Should I take all my usual medication?

Please take all of your medication as usual and bring them with you to the appointment.

Can I eat before the test?

Please avoid a large meal prior to the test, however, a light meal such as breakfast cereal, toast, soup or a sandwich is appropriate. If you are diabetic we would advise you to bring snacks to eat after the test.

Can I smoke before the test?

If possible, please do not smoke for eight hours before your test.

When will I get the results of the test?

The test report will be passed back to the referring doctor who will then be able to discuss your results and their implications at your next clinic appointment.

Who can give me more information about this test?

If you have questions about the actual test procedure, please contact the Respiratory Centre. If you have questions about why you have been referred for this test or about the results, you should contact the referring doctor.

For further information about your CPET please contact:

The Respiratory Centre (B1)

New Cross Hospital
Wolverhampton Road
Wolverhampton
WV10 0QP

01902 695061

Monday to Friday 9am - 5pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。