



## CRITICAL CARE, PULMONARY & SLEEP ASSOCIATES

A PROFESSIONAL LLP

### Cardiopulmonary Exercise Test (CPeT) PATIENT & CAREGIVER INFORMATION

#### **Introduction**

This test evaluates how your lungs, heart and muscles react to exercise. Cardiopulmonary exercise tests are performed on a stationary bike. As you ride the bike, we measure how much air you breathe, how much oxygen you require and how fast and efficiently your heart beats. To measure the amount of air that you breathe you may either have to wear a face mask or a mouth piece, similar to that used for pulmonary function tests (PFT). In this case your nose will be pinched closed by a soft nose clip. An EKG (electrocardiogram) will check your heart's electrical activity.

#### **Preparation for the Procedure**

Our clinic staff will send the doctor's orders to the hospital  
The hospital will call you to schedule the procedure  
If you have excess hair on your chest, please shave it prior to your test.

#### **Day of the Procedure**

Wear comfortable, loose fitting clothing & avoid clothing that may make it hard for you to breathe  
Wear comfortable, flat, non-slip shoes (tennis shoes/sneakers)  
Avoid smoking for at least 8 hours before test  
You may have a light breakfast 2 hours prior to the test  
Take your usual medications in the morning before the test.

#### **Explanation of Procedure**

A doctor will be with you throughout the test. Your heart rate and rhythm, your blood pressure, breathing rate, oxygen consumption, and oxygen saturation (finger or forehead probe) will be checked during the test.

After a warm-up period lasting three minutes during which you will ride the bike slowly, the bike work load (resistance) will increase progressively (every 1-3 minutes).  
It is important that you describe anything you feel as you exercise.  
Tell the technologist or physician if you become short of breath  
Tell the technologist or physician if you have chest discomfort  
Keep riding the bike until you are told to stop or until you are too short of breath to continue or are physically exhausted.  
During the recovery stage, keep biking as the resistance is decreased. Do not jump off the bike. While you rest, your breathing, heart rate and oxygen level will continue to be monitored.

#### **After the Procedure**

You can eat and drink as usual.  
Depending on how you feel, you may go about your normal routine or take it easy if you feel tired.

Do not take a hot shower for at least an hour after the test. Your blood vessels expand with exercise and need time to return to normal. A hot shower may expand them more, causing low blood pressure and dizziness.

Please remember, our staff is here to help you. If you have any questions about the tests, please feel free to ask. Call our office at 303 951-0600, option 5.

**Results:** A doctor from Critical Care, Pulmonary & Sleep Assoc. will call you with the results in approximately 1 week. .