

Cardiopulmonary Exercise Testing

Your doctor has decided to refer you for a cardiopulmonary exercise test (CPEX).

Instructions

What is it?

CPEX is an investigation that evaluates the way in which your heart, lungs and circulation respond to exercise.

Why is it done?

Diseases that affect the heart, lungs, circulation or blood may cause an abnormal response to exercise. CPEX is used to help with a diagnosis or to reassure you as to the cause of your symptoms.

If you are awaiting surgery, CPEX may be used to assess your risk of complications and identify any special precautions that may be needed to reduce the risk.

What will happen?

The test will be performed by trained clinical physiologists who will explain the test and answer any questions. They will ask you undress above the waist and wire you up to an ECG to monitor your heart rate and rhythm. They will then ask you to take a number of breaths through a tube attached to the CPEX machine. The tube is held in place by a mouthpiece, which you hold between your teeth, or a face mask, which is held against your face by some straps.

Once you are ready, you will be assisted onto the exercise machine. This can be a bicycle or a treadmill. You will then be required to exercise whilst breathing through the tube with a nose clip on. The exercise will begin very easily, and become progressively harder. You will be encouraged to continue for as long as you can. The exercise period will last for approximately fifteen minutes.

Cardio-Respiratory Patient Information

When you indicate that you want to stop, the exercise will become very easy again so that you can ease down. We will continue to take measurements until they return to the resting levels. On occasions, it may be that the test is stopped earlier than you feel you need if all the important information has been acquired. Equally, if you feel unwell or there are changes on your heart tracings, the physiologist/doctor may decide to stop the test.

Remember

If you have any doubts or worries, please discuss them with the physiologist or doctor. They are there to help you.

Please help us in providing short waiting times for all patients by attending **your** appointment.

If you do not attend or cancel numerous appointments you may be discharged back to your GP or Dentist.

Contact Details

Cardio-respiratory Department
Tel: 01202 448030

For further health-related information, please contact:

The Health Information and Resource Centre

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We can supply this information in larger print, on audio tape or have it translated for you. A member of staff will be happy to discuss this with you. Please call PALS on 01202 448499 or the Health Information centre on 01202 448003 for further advice.

