



## What is a cardiopulmonary exercise test?

The cardiopulmonary exercise test will help us:

- check for symptoms you may have when you exercise (like shortness of breath)
- find out how much you are able to exercise
- decide if your lungs, heart, or muscles make it hard for you to exercise

## Are there any risks?

Often, there are some risks to tests. These risks could include:

- shortness of breath
- wheezing
- changes in your blood pressure or heart rate
- feeling dizzy or like you may faint
- feeling tired
- heart attack  
But this is rare!

## How should I prepare for my test?

- No Large meals prior to test (a little water is acceptable.)
- Stop smoking for at least 12 hours before your test.
- Take your regular medications unless your doctor tells you to do something different.
- Wear walking shoes or sneakers.
- Wear comfortable clothing. (A shirt that opens in the front will make it easier to place electrodes on your chest.)
- No vigorous exercise.

## On the day of your test, be sure to:

- Bring your medication list
- Tell us if you have any allergies
- Let us know if you have any problems with walking or pedaling a stationary bicycle

**If you have any questions,  
please be sure to ask!**

## What happens during testing?

When you arrive, the first thing that we'll do is a breathing test called spirometry. This will measure the amount of air that you exhale when you are resting.

Testing is usually done on a stationary bicycle. However, sometimes we may need to do the test using a treadmill.

We will explain the test and ask you to sign the consent form. Before we begin the test, we'll fit you to the exercise bicycle and place some monitoring devices. They will include:

- small pads with wires (electrodes), on your chest
- a blood pressure cuff on your arm
- a little clip on your finger to measure your oxygen level
- a noseclip and a mouthpiece for you to breath through.