

Cardiopulmonary Exercise Test (CPET)

Respiratory Physiology

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.

What is a Cardiopulmonary Exercise Test (CPET)?

A CPET is a non-invasive diagnostic test that measures how well your heart, lungs, and muscles work together while you exercise. It provides detailed information on how your body responds to physical activity.



Why am I having a CPET?

A medical professional may refer you for a CPET to:

- Investigate unexplained breathlessness
- Assess your heart and lung function
- Monitor the progression of disease
- Determine your fitness before surgery the test?
- Evaluate your response to medical therapy

In some cases, your medical professional may refer you for more specific reasons based on your individual symptoms or medical condition.

What does the appointment involve?

When you arrive, a member of the team will explain the procedure and answer any questions you have. The appointment will involve:

- A simple breathing test to check your lung function
- A small blood sample taken from your ear lobe (called a capillary blood gas) may be taken before and after exercise to measure oxygen and carbon dioxide levels
- Electrodes will be placed on your chest to monitor your heart rate and rhythm (ECG)
- You will wear a mask over your nose and mouth to measure the gases (air) you breathe in and out during exercise (please see image below)



- After the exercise is complete, you'll enter a cool-down or recovery phase where your heart rate, breathing, and oxygen levels will continue to be monitored.

Who will be performing the test?

Your test will be carried out in the Respiratory Centre by two trained respiratory physiologists. Occasionally, a doctor may also be present to assist or observe the test, depending on your individual needs.

How long will the appointment take?

- The entire appointment may take around 45 to 60 minutes
- The test / exercise (warm up, exercise and cool down) will usually last approximately 20 minutes.

How should I prepare for the test?

- You may have a light meal a few hours prior to testing; however, avoid heavy meals
- Avoid caffeine, alcohol, and tobacco on the day of your test
- Wear comfortable, loose-fitting clothes suitable for exercise
- Bring / wear suitable flat footwear appropriate for exercising on an exercise bike
- Take your prescribed medications as instructed by your medical professional. Bring a list / copy of your current medication / prescription
- Inform the respiratory physiologists if you have had any recent illnesses or changes in your health.

Is the test safe?

Yes, the test is generally very safe and is carried out by trained healthcare professionals who will monitor you closely throughout.

As with any form of exercise, some people may experience temporary side effects, such as:

- Shortness of breath
- Fatigue or tiredness
- Dizziness or light-headedness
- Muscle aches

These symptoms usually settle quickly during the recovery period. The team will stop the test at any time if you feel unwell or if there are any concerns. Emergency equipment and trained staff are always on hand, but serious complications are extremely rare.

When will I get the results of the test?

- The results are typically analysed and sent to the referring medical professional within a few days
- Your referring medical professional will discuss the report with you at an appropriate time-interval.

Who can give me more information about this test?

If you have questions about the 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 refer.

For further information about your CPET appointment please contact:

The Respiratory Centre (B1)

New Cross Hospital
Wolverhampton Road
Wolverhampton
WV10 0QP
01902 695061

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。