

Cardiopulmonary Exercise Testing

Section	Information
Overview	A CPET is a non-invasive diagnostic test used to assess exercise capacity and the response of the heart and lungs to exercise. It's often used to identify causes of shortness of breath, diagnose various cardiac and respiratory conditions, assess pre-operative fitness, and provide information for tailored exercise programs.
Patient Preparation	<ul style="list-style-type: none"> • Continue regular medications, including inhalers, but bring GTN spray if prescribed. • Wear comfortable clothes for exercising. • Avoid heavy meals for 2 hours before the test. • Avoid alcohol for 4 hours before the test. • Avoid vigorous exercise for 30 minutes before the test. • Avoid smoking for at least 1 hour prior.
Procedure	<ol style="list-style-type: none"> 1. Resting blood pressure measurement and ECG to assess heart rate and rhythm. 2. Breathing test to evaluate airflow in and out of the lungs. 3. Fitting face mask to measure breathing rate, gas levels, and blood pressure. 4. Placement of pulse oximeter on the finger to monitor blood oxygen levels. 5. Blood sample from the ear (if needed). 6. Cycling on an indoor static bike with increasing intensity while the body's response to exercise is assessed. 7. Post-exercise monitoring during recovery.
Consent	Before the test, consent will be obtained after explaining the purpose, procedure, potential risks, and benefits of the test. Patients will be given the opportunity to ask questions.
Risks	The risks are similar to those of mild-to-moderate exercise. Patients may feel lightheaded. Blood sample collection (if performed) will be done by a trained professional. Continuous monitoring will be performed, and testing will be stopped if significant symptoms develop.
Present at Appointment	A Physiologist will conduct the test, and a student may also be present if the facility is a teaching hospital. The patient's permission will be sought before the presence of a student.

Findings and Results	Results will be sent to the referring consultant approximately four weeks after the test. The consultant will then discuss the results and next steps with the patient.
Notes	<i>The healthcare provider can use this section to write any specific notes or observations related to the patient's condition, response to the test, or other relevant details.</i>