

CARDIO-PULMONARY STRESS TEST INSTRUCTIONS

What is a cardiopulmonary exercise stress test?

This test measures how your heart and lungs respond to exercise. The test can help tell us:

- the level to which you can exercise
- if there are problems affecting your ability to exercise and how your condition is changing with time or with treatment

This test is performed on an exercise bike.

At the start, electrocardiogram (ECG) leads are put on your chest to monitor your heart during the test. A device is attached to your finger to monitor your oxygen level during the test. Your blood pressure will be measured.

You will pedal the exercise bike at a set speed. The bike becomes harder to pedal each minute of the test. Pedal until you are tired or unable to continue.

You will be asked to:

- show how breathless you are and how tired your legs are by pointing to a chart.
- mention if you have chest pain, dizziness or discomfort during the test. If any problems arise the test may be stopped.

At the end of the test continue to pedal at a slower rate to reduce the risk of fainting. If you feel unwell at any stage of the procedure you should tell staff at once.

1. Wear PT gear, or loose fitting comfortable clothes, and tennis shoes (no flip-flops, or sandals).
2. Shave chest hair to allow electrodes to stick.
3. Take all current schedule medications, including respiratory medicines before reporting for testing.
4. Arrive 15 minutes early for appointment.