

CARDIOPULMONARY EXERCISE STRESS TEST (CPET)

- A CPET looks at how well your heart and lungs work during exercise. It will check:
 - Your exercise capacity (also called VO2 max).
 - Your breathing during exercise.
 - Your heart’s response to exercise.

My test is on: _____

Tell the respiratory therapist if:

- You have an infectious disease. Examples are active lung tuberculosis (TB) or COVID-19.
- You have issues with your heart. Examples are a recent heart attack, unstable heart disease, angina, or uncontrolled blood pressure.
- You are coughing up blood.
- You had a recent stroke.
- You have an aortic aneurysm or a brain aneurysm.
- You had eye surgery in the past 4 weeks.
- You have uncontrolled glaucoma.

WHAT SHOULD I DO TO GET READY FOR MY TEST?

- Do not smoke on the day of your test.
- Wear running shoes for your test.
- Take your medications on the day of your test. If you have diabetes, adjust your diabetes medications for exercise so that your blood sugar does not go too low. Ask your doctor if you need help doing this.
- Tell the respiratory therapist if you are pregnant.

**The test
takes about
90 minutes.**

WHAT WILL HAPPEN DURING MY TEST?

- You will get set up with a blood pressure cuff, ECG electrodes, and an oxygen saturation monitor.
- You will get a mouthpiece to breathe in and out of during the test.
- You will ride on a stationary bike.
- The resistance on the bike will slowly increase. This means it will take more effort for you to ride the bike. More effort is needed to get good test results.

Tell the therapist if this happens during the test:

- You need to stop.
- You feel too short of breath keep going.
- You have chest pain or heart palpitations.
- You have leg pain.
- You feel dizzy.

WHAT WILL HAPPEN AFTER MY TEST?

- You must see your doctor for your results.