

# Cardio-Pulmonary Exercise Test

## Information about your test

**A Cardio-Pulmonary Exercise Test is a test to assess how your heart and lungs respond to exercise.**

You will have some basic breathing tests done and will have your heart and breathing monitored whilst you pedal a cycle.

## Why am I having this test?

This test may be done for several reasons:

- To assess how your body will cope with any future surgery.
- To determine the cause of any shortness of breath you may have.
- As a baseline to measure your response to medication.
- To assess your body's response to exercise.

## Do I need to prepare for this test?

Please wear clothes appropriate for exercise. i.e. flat comfortable shoes/ trainers and loose clothing.

### Please avoid:

- Smoking for 24 hours.
- Vigorous exercise for 1 hour before the test.
- Eating a large meal for at least 2 hours (sandwiches/ snacks are allowed).

## How long will the test take?

The length of time you will be with us will range from around 45-90 minutes. This depends on whether you are also required to see the Anaesthetist after the test (if you have been referred by the Surgical team). You will not be exercising for the whole of this time.

## What happens to the results?

The results will be reviewed and a report written. This will then be sent to the doctor who referred you for the test.

You may already have an appointment to see the doctor or they may wait until they have the test results before sending for you.

**If you have any comments about this leaflet or the service you have received you can contact :**

Clinical Services Managers  
Cardio-Respiratory Department  
Calderdale Royal Hospital / Huddersfield Royal Infirmary

Telephone No: 01422 224310  
(Monday - Friday 8.30am - 4.30pm)

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ میں درکار ہوں، تو  
براہ کرم مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"