

Questions

Sometimes you or your family members may have questions for your medical team. These questions often occur to you at a time when your consultant is not available. This section is for you to use to list your questions in preparation for your next visit/appointment.

Ask your doctor:

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Department of surgery

Cardiopulmonary exercise testing (CPET)

What is CPET?

Cardiopulmonary exercise testing (CPET) is a non-invasive method used to assess the performance of the heart and lungs at rest and during exercise.

Why have you been given an appointment?

Your doctor has requested that we perform some tests on your breathing to help guide your medical treatment.

If you do not attend for this test we will not be able to pass important medical information on to your doctor, which may affect the medical treatment you receive.

Who might need a CPET test?

- Patients scheduled for major surgery
- Patients taking part in testing for the diagnosis of heart and lung disease
- Patients in rehabilitation following a major illness



What does the test involve?

During your CPET test you will be required to perform mild exercise on an upright bicycle whilst breathing through a mouth-piece. Each breath will be measured to assess how the body is performing. The capacity and strength of the lungs is measured before and during exercise.

Your heart tracing (ECG) will also be recorded prior to, during and post exercise. The CPET test will last for a total of 40 minutes, however, you will only be required to exercise for approximately 10 minutes. The amount of exercise is modest, it does not require you to exert yourself to maximum effort.

What if I am not fit enough to perform the test?

Many patients worry that because they do not participate in regular exercise, they may not be able to complete the test. CPET is not a maximum tolerance test. It is applicable for everyone and it does not matter if you do not exercise regularly.

Are there any risks?

The risk for CPET is the same as for mild to moderate exercise. The number of patients who develop symptoms is low (1:1000). We will be monitoring you closely during the test, with continuous ECG, blood pressure and oxygen measurements. If you develop significant symptoms, our staff will stop the testing.

What information will be analysed during the CPET?

- Lung function - flow volume loops
- Oxygen consumption during exercise (VO₂ max)
- Anaerobic threshold
- Heart performance during exercise
- Exercise ECG

What should I wear for the test?

Comfortable clothing suitable for light exercise, such as trainers and loose trousers are recommended.

Before your test

Before attending for your CPET, please:

- do not eat a heavy meal for 2 hours before
- do not take alcohol for 4 hours before
- do not take vigorous exercise for 30 minutes
- do not wear any tight clothing that may restrict your breathing
- do not smoke for at least 1 hour prior to the test

PLEASE CONTINUE TO TAKE ALL MEDICATION AS NORMAL.

Please contact the department if you have experienced any of the following:

- Current or recent chest infection
- Recent eye, stomach or chest surgery
- Heart attack or stroke within the last month
- Attended A&E in the last 2 - 3 days
- Chest pain on the day of your test

Please allow 60 minutes for this appointment.

Results

The results will go to your consultant who will explain them to you at your next clinic visit.

Please note that you will not be given the results on the day of your test.

Contact information

Cardio-respiratory unit (department 42, suites 1-4)

Tel: **0161 918 2168**