**Before Your Test**

Before attending for your CPX, 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

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

- Current or recent chest infection (within the last 3 weeks)
- Recent eye, stomach or chest surgery
- Heart attack or stroke within the last month
- Attended Accident & Emergency in the last 2 to 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.

**Cardiopulmonary Exercise Testing (CPX)**

Cardio—Respiratory Unit

George Eliot Hospital

Direct Line
024 7686 5128
What is CPX?
Cardiopulmonary Exercise Testing (CPX) is a non-invasive method used to assess the performance of the heart and lungs at rest and during exercise.

Who might need a CPX test?
- Patients scheduled for major surgery
- Patients taking part in a testing for the diagnosis of heart and lung disease
- Patients in rehabilitation following a major illness

What does the test involve?
During your CPX test you will be required to perform mild exercise on an upright bicycle whilst breathing through a mouthpiece. 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 CPX test will lasts 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. During the test you will be continuously monitored.

I am worried that I may not be 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. CPX is *not a maximal tolerance test* and the assessments are applicable as much to athletes as to those who are elderly or unfit.

What information will be analysed during the CPX?
- Lung Function: Flow volume loops
- Oxygen Consumption during exercise (VO2 max)
- Anaerobic Threshold
- Heart performance during exercise
- Blood gas measurement from blood sample taken from the earlobe
- Exercise 12 lead ECG

Are there any risks?
The risk for CPX is the same as for mild-moderate exercise. The number of patients who develop symptoms is low (1:1000), and it is the same as for exercise testing in cardiology. We will be monitoring you closely during the test, with continuous ECG, blood pressure and oxygen measurements. If you develop significant symptoms, the trained staff will stop the testing.

Why you have 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 to your Doctor which may affect the medical treatment you receive.