

PATIENT INFORMATION**CARDIOPULMONARY EXERCISE
TESTING (CPET)**

Cardiopulmonary Exercise Testing (CPET)

You agree to participate in a tests usually that involves sitting and cycling on a static bike or occasionally walking/running on a tread mill.

The exercise tests are comparable to approximately 8-15 minutes of physical activity. Each appointment will last approximately 45 minutes. You may experience a number of adverse responses during or after the tests including muscle/joint pain, light headedness, fatigue and in very rare instance musculoskeletal damage, cardiovascular complications including irregular heart rate, heart attack, stroke or death.

Any information that is obtained in connection with this testing may be used for research purposes without disclosing personal information. You may be asked to complete questionnaires during a follow-up period. Your decision to participate in the exercise testing for research purposes is entirely voluntary. You are free to discontinue participation at any time.

The results of the test will be communicated back to the referring surgeon or physician.

Your participation in the test indicates that you have read and understand the information provided above, that you may withdraw your consent and/or discontinue participation at any time.

You will be assisted during the test by experienced technicians and anaesthetists. Please feel free to ask any questions.

Kindly bring in your usual medications you take including inhalers if any and the prescription if available.

Before the Test:

1. Plan to have someone drive you to and from the testing facility.
2. Wear comfortable clothing to perform the exercise test, preferably short sleeve t-shirt and comfortable shoes.
3. If possible, do not use any oily products such as lotion. This may interfere with attaching the ECG dots.
4. The last meal before the test should be light and eaten at least two hours prior to the exercise test. Drink plenty of water the day before and the day of the test to make sure that you are well hydrated.
5. It is recommended to avoid carbonated and caffeinated beverages (i.e., Pepsi, Coke), alcohol, before the test.
6. Avoid exercise for at least 24 hours prior to testing.

During the test:

The test is non-invasive and monitors the effects of exercise on your breathing and heart. The test is commonly performed on an exercise bicycle but may also be performed with you walking on a treadmill.

During the exercise test, you will be connected to a mouthpiece or mask. This will allow us to measure your breathing during exercise; how much oxygen you take in and how much carbon dioxide you breathe out. You will also be connected to an ECG machine and this will measure your heart rate during the exercise. Your blood pressure will also be checked. A small probe will be placed on one of your fingers to check your oxygen levels.

After the Test:

1. Drink plenty of fluids. Avoid caffeinated and alcoholic beverages immediately after the test. Have a snack.
2. Take a warm shower or bath and stretch your muscles frequently. If you are too tired to stretch by yourself have someone else help you (assisted stretching).
3. Plan to rest until you recover.

If you any questions or unable to attend the appointment, please call cardiopulmonary on

Tel: 01905 760 690, Mon –Fri 9:00 AM to 4:30 PM.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.