

Having a Preoperative Cardiopulmonary Exercise Test

Department of Anaesthesia
Information for Patients



University Hospitals of Leicester
NHS Trust



Caring at its best

Introduction

This leaflet explains what will happen when you go for your preoperative cardiopulmonary exercise test.

What is a cardiopulmonary exercise (CPX) test?

This is a medical test which will accurately measure the function of your heart and lungs in response to exercise. This will enable us to plan the level of care that you will require following your operation.

How is CPX testing performed?

You will be asked to exercise on a bike to a set protocol whilst wearing a mask. The test will involve a gradual increase in the intensity of exercise to ensure your heart and lungs are stressed. During this time as well as measuring your breathing, your electrocardiogram (ECG), blood pressure and oxygen saturation will be recorded and monitored. The test is designed so that the more you are able to do, the more information is gained. However, the test may be stopped if you get too tired, or you fulfil certain ending criteria.

PLEASE NOTE your test will be performed in:

The Vascular Studies Lab

Level 6

Balmoral Building

Leicester Royal Infirmary.

How long will the appointment take?

The whole appointment will take up to an hour. This will include time for explanations, consent, history and examination, lung function tests, the exercise test itself and recovery.

What do I need to wear for the test?

You are advised to wear cool, comfortable clothing and walking shoes. Clothing that is suitable for the gym.

Can I eat before the test?

Yes. However it is not advised that you have a large meal immediately prior to your test. It is recommended to have a light meal a few hours prior. If you are diabetic, we would advise you to bring 'snacks' to consume after the test.

Should I take my usual medications prior to the test?

Yes. Unless we specifically advise you otherwise, please continue all your usual medication.

Smoking

For those patients who are current smokers, we ask that you refrain from smoking a minimum of 8 hours prior to your test. Smoking prior to your test may cause you to have falsely poor result.

Other substances to avoid on the day of testing are caffeine (coffee, tea, energy drinks and cola) and alcohol.

What are the risks of this test?

As with all medical tests, there is a possibility of unwanted side effects or complications. The risks of these with CPX are the same as for mild exercise. The number of patients that develop problems during the test is low (1 in 1000) The complications that may occur during the test can include abnormal blood pressure, fainting and irregular, fast or slow heart rhythm.

What are the benefits to me from the test?

A CPX test stresses your heart and lungs in a systematic, controlled fashion. Analysis of data obtained from the test gives us a measure of how fit you are. It gives us a way of deciding what level of care you are likely to need after the operation. If the test shows that you are very unfit, it will allow us to refer you to the appropriate specialists for further treatment of the medical condition. Or, it may allow us to offer you alternative treatments.

When will I be told the results of the test?

The results of the test will be communicated to your surgical consultant and your anaesthetist. They will be able to tell you the result of the test and its implications. However, if you wish to obtain more information, or discuss the test any further, you can contact the clinician who performed and reported your test by any of the means given at the end of the document.

Who can tell me more about this test?

You will have ample opportunity to ask any questions that you may have about the test at the time of your appointment. You can also contact one of us via the contact details given at the end of this document.

Who else will see the results of the test?

The CPX test and its results are privileged and confidential. They will only be seen by people who are directly involved in caring for you. We will ask for your permission to use the data obtained from your test for analysis and research.

Contact details:

Anaesthetic office

Leicester Royal Infirmary

Telephone: 0116 258 6474

Any questions?

If you have any questions write them down here to remind you what to ask when you speak to your consultant.

[illegible]

If you would like this information in another language or format, please contact the service equality manager on 0116 258 8295

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপে চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 258 8295 নাম্বারে যোগাযোগ করুন।

यदि आप को इस लीफ़लेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डैव बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 258 8295 पर सम्पर्क कीजिए।

જો તમને આ પત્રિકાનું લેખિત અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી ડેવ બેકર, સર્વિસ ઇક્વાલિટી મેનેજરનો 0116 258 8295 ઉપર સંપર્ક કરો.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriiir, Maamulaha Adeegga Sinaanta 0116 258 8295.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲੈਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 258 8295 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Eğer bu broşürün (kitapçığın) yazılı veya kasetli açıklamasını isterseniz lütfen servis müdürüne 0116 258 8295 telefonundan ulaşabilirsiniz.