

## Who can tell me more about this test?

You will have a lot of 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. The data will be anonymised, and it will not be possible to identify you from the data.

## What should I do if I need to contact someone about the test close to the time of my appointment?

If after 2pm on the day of your appointment you are experiencing problems with attendance, please telephone the clinic directly on 01483 571122 ext. 4249.

## Reference source(s):

ATS/ACCP statement on Cardiopulmonary exercise testing (2003) American Journal of Respiratory and Critical Care Medicine, 167(2), pp. 211–277. doi: 10.1164/rccm.167.2.211.

## For further information about your CPX test please contact:

The CPX testing team  
Department of Anaesthetics  
The Royal Surrey County Hospital  
Egerton Road, Guildford GU2 7XX  
Tel. 01483 571122 ext 6328  
Fax 01483 453135

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–4.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Patient information leaflet

## Your Cardio Pulmonary eXercise Test



## Anaesthetics Department

## **What is a cardiopulmonary exercise (CPX) test?**

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This is a medical test which accurately measures the function of your heart and lungs in response to exercise. This will help us to plan the level of care that you will require following your operation. It will also help us treat any medical conditions well before your operation and to time your operation appropriately.

## **How is CPX testing performed?**

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You will be asked to exercise on a bike whilst wearing a mouthpiece or a mask.

The test will involve a gradual increase in the intensity of exercise to ensure your heart and lungs are stressed. During the test, as well as measuring your breathing, your electrocardiogram (ECG), blood pressure and oxygen saturation will be recorded and monitored. The test is maximal and the more you are able to do, the more information is gained. However, the test may be stopped if you get too fatigued, or if we feel that it is not safe for you to carry on.

## **Where is the test performed?**

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The venue for the test is the Clinical Measurements Department, Level B, in the Royal Surrey County Hospital. This is located near the Chapel. Please report to the reception in the venue when you arrive. While every effort is made to stick to the allocated times, on occasion, clinical priorities mean that you may have to wait to be called in for your test.

## **How long will the appointment take?**

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The whole appointment will take approximately three quarters of 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?**

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

## **Can I eat before the test?**

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Yes. However, it is not a good idea to have a large meal immediately prior to your test. We suggest that you have a light meal a few hours before the appointment. 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?**

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

## **What are the risks of this test?**

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As with all medical tests, there is a chance of unwanted side effects or complications.

The risks of these with CPX are the same as for moderate exercise. The number of patients that develop problems during the test is low (1in1000), and it is the same as for exercise testing in cardiology.

The complications that may occur during the test can include abnormal blood pressure, fainting and irregular, fast or slow heart rhythm. In exceptionally rare instances, there can be serious complications such as a heart attack or stroke.

## **What are the benefits to me from the test?**

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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 alternatives that you are more able to tolerate.

## **When will I be told the results of the test?**

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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 what it means to you. However, if you wish to obtain more information, or discuss the test any further, you can contact the doctor who performed and reported your test by any of the means given at the end of the document.