

Cardiopulmonary Stress Test

About the Test

A cardiopulmonary stress test helps your doctor measure how well your heart and lungs work while exercising. You will either walk on a treadmill or ride a stationary bike.

The test will take about 60 minutes.

Before the Test

- Do not smoke after midnight or on the day of the test.
- Do not eat or drink anything 3 hours before the test.
- Take your regular medicines the day of the test unless your doctor gives you other directions.
- Wear loose, comfortable clothing (slacks and top) and athletic or walking shoes.
- You may need to have blood work done before your test.

During the Test

- Your doctor and a respiratory therapist will be with you during the test. They can answer any questions you may have.
- The respiratory therapist will put adhesive patches (electrodes) on your chest and connect them to an electrocardiogram (ECG) monitor.
- You will take a breathing test that will measure the volume of air in your lungs. For this test, you will blow into a mouthpiece.

Your Appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Arrive 10 to 15 minutes before your exam.

Phone number: _____

If you need to cancel or reschedule, call at least 24 hours before your scheduled appointment.

- You will walk in place on a treadmill or ride an exercise bike during your test.
 - The treadmill will slowly increase in speed and will tilt upward (like a small hill) as the test is performed.
 - The bike will slowly become more difficult to pedal as the test is performed.
- The length of the test will depend on the amount of time it takes to reach your maximum heart rate, exercise level or both.
- During the test you will be asked to report any chest pains, unusual shortness of breath, increased fatigue, leg pain, dizziness or if you feel faint.
- You may need to have blood work done during the test.

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After the Test

- Your blood pressure and heart rate will be monitored until your heart rate returns to normal.
- You may need to repeat one of your breathing tests.
- Your doctor will get the test results and talk about your treatment plan with you.