



Patient Information – Pulmonary Stress Test

Pulmonary Stress Test

Please allow 30-45 minutes to complete this exam.

Overview:

The Cardiopulmonary Exercise Test is indicated for assessing cardiopulmonary function at rest, during exertion and during recovery from exercise. Testing is done to evaluate functional capacity and to assess the severity and type of impairment of existing as well as undiagnosed conditions that are cardiac and pulmonary related. For the Pulmonary Stress Test, the testing protocol consist of a 2 minute rest, a 3 minute exercise and a 1 minute recovery (with no talking). A mouthpiece, nose clip and pulse oximeter finger sensor will be used during testing. EKG and lead wires will also be used to monitor your heart rate and rhythm.

Preparation:

- Do not eat anything “heavy” 2 hours prior to testing.
- It is **okay** to take all your daily medications.

What to wear: Please wear loose, comfortable clothing. Comfortable walking shoes will be required as you will be walking on a treadmill. No flip-flops, open toed shoes or dresses please.

*** Please call our office if you have any questions regarding your test or preparation***

Insurance Co-Payments: Prior to the appointment, all patients (except those with Medicare only), please verify your co-payment for this test with your insurance company. Prior to the test, call member services (the phone number is on your insurance card) and verify the dollar amount of your co-payment required. Co-payments for diagnostic test may differ from office visit co-payments. This amount can vary from \$0-\$200 per test or may be a percentage of the actual cost of the test. The contract that you have with your insurance carrier determines this amount. Our office has no influence on the amount owed at the time of service.

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