

# WHEN DO I NEED A CPET?

- **Unexplained breathlessness**  
CPET helps in the identifying the cause of breathlessness. It helps differentiate a lung disease from a heart disease like heart failure, ischaemic heart disease and others
- **Prior to a major surgery**  
Major surgeries like transplant surgery and others require assessment of cardiopulmonary fitness
- **Evaluation and follow up care of heart failure**  
Patients with heart failure are advised a CPET to assess objectively the parameters which help in prognosis and outcomes of therapy
- **Cardiac rehabilitation**  
CPET helps in the planning of exercise regimens tailored to patients with different cardiac conditions



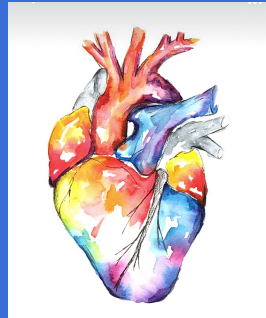
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# CARDIO PULMONARY EXERCISE TESTING (CPET)

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# WHAT IS CARDIO-PULMONARY EXERCISE TESTING?

A cardio pulmonary exercise test (CPET) is used to assess the response of the heart, lungs and muscles both individually and together to exercise. While exercise tests produce a single measurement; CPET quantitatively links metabolic, cardiovascular, and pulmonary responses to exercise. CPET assesses maximum exercise capacity through measurement of peak oxygen uptake (VO<sub>2</sub>). Strong correlations are found between maximal cardiac output, peak VO<sub>2</sub> and mortality risk.



Peak VO<sub>2</sub> values are important to diagnose and delineate the appropriateness of advanced heart failure interventions. The full cardiopulmonary system is assessed during a CPET by measuring the amount of oxygen the body is using, the amount of carbon dioxide it is producing, the breathing pattern, and electrocardiogram (ECG).

## HOW IS IT BETTER THAN A STRESS TEST?

- Since a CPET uses a stationary bicycle, this allows for a wider range of patients including elderly to complete an exercise stress test that may not otherwise be able.
- It assesses performance of the lungs and muscles in addition to the heart allowing diagnosis and evaluation of a wide variety of disease conditions.

## PREPARING FOR THE TEST

- Do not eat or drink (except water) for 3 hours prior to the test.
- Exercise or physical labour should be avoided for 24 hours prior. On the day you should come in well rested.
- Wear comfortable exercise clothing and closed-toe shoes for the test.

- Shaving of the chest in male patients is required before coming.
- Continue to take all of your usual medications, unless advised and bring a list of your current medications with you to the clinic.

## WHAT HAPPENS DURING THE TEST?

- After you have signed a consent form, stickers (called electrodes) will be put onto your chest to monitor your heart rate and rhythm.
- You will be fitted with a face mask and We will perform some simple breathing tests known as spirometry. We will also check your blood pressure during the test.
- A special exercise bike is used and you will be encouraged to cycle for as long as you can and to the best of your ability whilst your body's response to exercise is assessed.
- The test typically lasts up to an hour but you will be exercising for no more than 15 minutes and the intensity of the cycling will gradually be increased.
- When you have completed the exercise you'll be monitored whilst you rest and your body recovers.
- We recommend that you then remain in the department waiting room for 20-30 minutes to allow you time to fully recover.