

PATIENT INFORMATION

Cardiopulmonary Exercise Testing

BLUE ZONE – Surgical Admissions/ Preassessment Unit, Level 7

BACKGROUND TO THE PERIOPERATIVE MEDICINE CLINIC.

Torbay Hospital is nationally regarded as leaders in this specialty. We audit long-term outcomes for patients who attend the clinic. Our most recent development is making audiovisual records of consultations for training and educational purposes. We always ask your permission before recording a consultation and this recording would be securely stored.

These are a few of the main reasons for attending this clinic:

- To assess and optimise any medical conditions you may have.
- To assess your fitness as you are being considered for surgery.
- To confirm the decision to have surgery is the right choice for you.
- To plan your postoperative care.

HOW TO PREPARE FOR MY CLINIC APPOINTMENT

You are welcome to bring a friend or family member with you. Before your appointment think about what questions you would like to ask. If it helps, write your questions down before attending the clinic. Please bring a list of all your medications and expect questions about your previous and current healthcare.

WHAT TO EXPECT

The consultation with the doctor will be between 15 and 60 minutes. Consultations involving an exercise test will be 60 minutes. Some patients may also have an additional consultation with one of the pre-assessment nurses before or after your Perioperative Medicine Clinic visit. This will have been booked with you.

WHAT IS CARDIOPULMONARY EXERCISE TESTING? (CPET)

It is a method of evaluating how your lungs, heart and muscles react to exercise.

HOW IS THE TEST PERFORMED?

First, we take some breathing measurements by asking you to breathe through a mouthpiece. Next, we will apply stickers to your chest to monitor your heart and a clip on your finger to measure the

oxygen level in the blood. We help you safely get onto the exercise bike; if you feel you are unable to cycle the consultation with the Dr is still important and useful. The test begins by you pedalling against no resistance for 3 minutes. The resistance then slowly increases until you are unable to pedal a. The test is designed so that **the more you do, the more information is gained**. Be prepared to feel out of breath and possibly sweaty. Most tests last **10-15 minutes**. After another short period of rest sat on the bike, we will then help you get off the exercise bike.

WHAT DO I WEAR FOR THE TEST?

Please wear comfortable clothing that is suitable to exercise in. Trousers/shorts are preferable to skirts. Please do **not** wear a dress or shoes with high heels.

CAN I EAT BEFORE THE TEST?

Avoid a large meal beforehand. A light meal a few hours before the test is ideal.

SHOULD I TAKE ALL MY USUAL MEDICATIONS PRIOR TO THE TEST?

Yes. Unless we specifically advise you otherwise.

WHY IS ALL THIS INFORMATION USEFUL?

This information may help in having a **shared decision-making consultation** on your preferred choice of treatment. It is used to plan your postoperative care and sometimes helps to check medical conditions are optimally treated. It is also used to assess baseline fitness before starting an exercise programme.

ARE THERE ANY RISKS?

The risks are **the same as for any moderate exercise**. The number of patients who develop symptoms is low (approximately 1 in 1000). Symptoms or complications might include light-headedness or fainting, and problems with heart rate or rhythm.

HOW WILL I KNOW MY RESULTS?

The results will be discussed with you once you have recovered. A letter with the details of your test will be sent to your surgeon, GP and yourself (if you would like a copy).

WILL ANYONE ELSE SEE MY RESULTS?

The test results will only be seen by those directly caring for you. We are continually improving our accuracy in determining risk, to do this we may use your data to check our performance (audit) or to find out new information (research). We would remove any personal details before publication of any of this work.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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Working with you, for you