

## INFORMATION FOR PATIENTS

# Cardiopulmonary exercise test (CPET)

This test is designed to monitor the effects of exercise on your breathing and heart.

It is performed on an exercise bicycle where you will pedal against an increasing resistance; in other words, it will get harder to pedal as the test progresses.

### How long will the test take?

Overall, the test will take approximately one hour. This includes explanation and preparation for the test, pedalling on the bike and a recovery period.

### Before the test

It is recommended that you wear light, loose fitting clothing for the test and flat shoes. It is advisable not to eat a big meal beforehand.

You should be told before you attend if there are any medications that you need to stop before coming for the test. Otherwise, continue to take all your medications as normal.

You should avoid smoking for at least two hours prior to your appointment.

Please contact the department if you have:

- Suffered with the flu or a cold within two weeks of your appointment date.
- Had any recent eye, stomach, or chest surgery.

- Experienced a heart attack or stroke in the past month.
- Attended an Emergency Department in the last month.
- Experienced any chest pain on the day of your test.
- A weight of over 150kg (23 stone).

### During the test

Before starting the test, the physiologist will explain what the test involves and allow you to ask any questions.

You will wear a mask whilst cycling, which will allow us to measure your breathing during exercise, how much oxygen you take in and how much carbon dioxide you breathe out.

You will also be connected to an ECG machine; this will measure your heart rate and rhythm during the exercise.

Your blood pressure will also be checked and a small probe will be placed on your earlobe to check your oxygen levels.

The exercise will start easy and very gradually get harder. Your oxygen levels, blood pressure and ECG will be carefully monitored throughout the test.

The exercise phase of the test will usually take approximately 10 minutes to complete. The test will be stopped at any point should the physiologist think it necessary, or if you feel you cannot exercise further.

### **What happens after the test?**

Once the test is completed you will be asked to remain in the department for a further 10 minutes before going home. There is a shower in the department should you wish to use it, however, please bring your own toiletries and towel if you would like to do so.

### **Will I be given the results?**

The results will be passed onto the consultant who requested the test. You will be given the results at your next outpatient appointment.

### **What if I need hospital transport?**

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556.

### **Contact details**

Respiratory department:

- Telephone 01623 672484
- Email [sfh-tr.respiratoryandsleep@nhs.net](mailto:sfh-tr.respiratoryandsleep@nhs.net)

The department is located at Clinic 4 in King's Mill Hospital.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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