



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

# HOW FIT ARE YOU?

Major surgery can be a great physical demand on the body.

**CPET** testing will assess how your heart and lungs will respond to the stress of surgery.

This will help us assess any risk to you and allow us to personalise your care.

## WHAT IS CPET?

### *Cardiopulmonary*

### *Exercise Testing*

involves exercising  
on a stationary bike.

We begin with some  
simple breathing tests.

During the cycling we  
will monitor your heart,  
oxygen levels and  
breathing.

## HOW HARD WILL IT BE?

The bike will be easy to  
pedal initially. We will  
gently increase the  
amount of effort required to turn the pedals.

We ask you to try your best and will encourage you to  
cycle for as long as you can.

The test will normally last between 8 and 12 minutes. The  
majority of people, even those with arthritis, can manage  
an adequate test.

## HOW WILL I BENEFIT?

This controlled test gives the best measure of your fitness  
and can help guide the shared decisions about your care.

It also helps us to decide where we care for you after your  
operation.

## WHO CONDUCTS THE TEST?

You will have been referred by your  
Surgeon to the CPET team.

This is made up of an  
experienced group of  
Anaesthetists who specialise in  
peri-operative care.

They are supported by a  
specialist group of nurses who  
work in the Pre-operative  
Assessment Clinic.



We will ask  
you to breath  
through a  
snorkel style  
mouthpiece.

We will be  
recording a  
heart tracing  
(ECG)  
throughout  
the test.

