

Pre-operative Assessment Clinic, Ground Floor, University Hospital of Wales  
Tel. 02920 74 4775

## Patient Information Leaflet

# Cardiopulmonary Exercise Testing (CPX)

You have been referred to the Anaesthetic Pre-operative Assessment Clinic for a Cardiopulmonary Exercise Test to assess your fitness for your planned surgery.

Cardiopulmonary exercise testing is used to assess the performance of the heart and lungs. It involves pedalling on an upright bicycle whilst breathing through a mouthpiece. You will have a continuous heart tracing (ECG) throughout the test.

We will gently increase the amount of effort required to pedal during the test. The amount of exercise is no more than modest.

### Why are we doing it?

The test helps us to assess how well your heart and lungs will cope with the stress of surgery. This will help to determine the risk of the planned operation, whether further referrals to other specialists are needed to improve your health and if a critical care bed is needed postoperatively.

### The exercise test

The actual test takes about 10-15 minutes but to allow for questions and examination, a one hour appointment will be given to you. A doctor (anaesthetist) will conduct the test and be present at all times.

Comfortable clothing suitable for light exercise such as walking shoes and loose trousers are recommended. There will be facilities for you to change if necessary. If your test is scheduled for the morning, a light breakfast can be eaten. If your test is booked for the afternoon, a light lunch can be eaten. Do not eat a heavy meal within 2 hours of the test. There is no restriction on drinking fluids.

Most people will manage to complete enough of the test for us to get some useful information. This even applies to patients with hip or knee arthritis.

### Medication

Please bring a list of all current medicines with you on the day of the test. Take all your usual morning medications.

### The risks

The risk of the test is low and is the same as the risk of exercise tests in cardiology or that of mild to moderate exercise. You will be monitored closely throughout the test with continuous heart tracing (ECG), blood pressure and oxygen measurements. If you feel unwell during the test, we will stop.

### Results

The anaesthetist will discuss your test results with you during the clinic visit however further information or referrals may be required depending on the test results.