



## **Cardiopulmonary Exercise Test (CPET)**

### **What is a CPET?**

A CPET is an exercise test that will help your provider to evaluate your shortness of breath and determine if the cause is heart or lung related. Your exhaled oxygen and carbon dioxide will be measured as you exercise and your heart will be monitored throughout.

### **What is involved in CPET testing?**

You will be pedaling a stationary bike while breathing into a mask that is over your nose and mouth. There will be EKG electrodes placed on your chest and back. A blood pressure cuff will be placed on your arm. You will pedal the bike for about 10 to 15 minutes according to your fitness level. Once completed, you will be monitored until you have cooled down and your heart rate is back to your resting rate.

### **How long does CPET appointment last?**

The appointment will last about 60 to 75 minutes.

### **What preparation is needed?**

- Wear comfortable clothes and shoes as you will be pedaling a bike.
- Do not eat or drink anything except water for 3 hours prior to the test.
- Take all your medications as prescribed.

### **Before having your CPET test, please notify staff if you have had any of the following:**

- Myocardial Infarction (heart attack) within the last week
- Uncontrolled heart arrhythmia
- Active endocarditis, myocarditis, or pericarditis
- Acute pulmonary embolism or infarction
- Acute pulmonary edema