# Cardiopulmonary Stress Test

A cardiopulmonary stress test is an exercise test for your heart and lungs. It also measures how well your body uses oxygen. This test is done to:

- Look at how well your lungs work.
- Look at why you may have difficulty breathing.
- Evaluate your ability to exercise.
- Evaluate an assessment for disability.

**BEFORE THE TEST:**

- Do not eat or drink anything for 4 hours before the test or as told by your doctor.
- Do not eat or drink foods with caffeine for 24 hours before the test. Do not smoke on the day of your test. Nicotine and caffeine can interfere with your test results.
- If you use an inhaler, bring it to the test.
- Check with your doctor about what medicines you should or should not take before the test.
- Wear comfortable clothes and shoes to exercise in.

**WHAT WILL HAPPEN DURING THE TEST?**

- Sticky patches (*electrodes*) will be attached to your chest. These are hooked to a monitor that monitors your heart during the test.
- A headpiece will be positioned on your face. This holds a breathing tube that you will breath through during the test. A nose clip will be attached to your nose.
- You will walk on a treadmill or use a stationary bike. How hard and how long you exercise depends on:
  - Your physical ability to exercise.
  - How stable or unstable your vital signs are.
  - If you experience chest pain.
  - If you become short of breath.

**WHAT WILL HAPPEN AFTER THE TEST?**

- You will be taken to an area to rest. Your blood pressure, breathing and heart rate will be monitored. Once these return to normal, you will be able to go home.

**FINDING OUT THE RESULTS OF YOUR TEST**

Make sure you know how to get your test results. If you do not get your results, call your doctor to find out the test results. Do not assume everything is normal if you have not heard from your doctor. It is important to find out the results of your test.

**GET HELP RIGHT AWAY IF YOU:**

- Have chest pain, feel your heart racing or skipping beats.
- Have a hard time breathing or cannot catch your breath.
- Feel dizzy or pass out.

**MAKE SURE YOU**

- Understand these instructions.

- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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