

About Your Cardiopulmonary Stress Test



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Cardiovascular Services

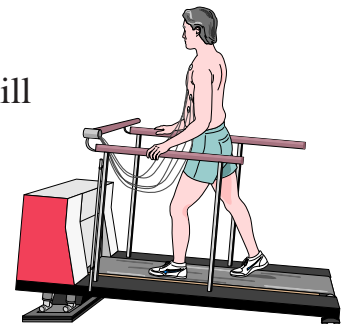
Your doctor has ordered a Cardiopulmonary Stress Test. It is to see how your heart is working.

How do I get ready for the test?

- You may eat a light meal two hours before the test.
- Take your medicines as you usually do. Bring your medicines with you.
- Wear comfortable clothes and walking shoes.

What will happen during the test?

- This test is a Pulmonary Function Study, Exercise Tolerance Test and a Breath-by-Breath check of the air you breathe in and out.
- The Pulmonary Function Study is the first step. We will ask you to do two different breathing exercises. Each one will be done several times.
- During the Exercise part of the test you will walk on a treadmill while your heart and breathing are being checked.
- For the Breath-by-Breath part, you will breathe through a mouthpiece. While you are walking on the treadmill you will wear a clip on your nose to help you breathe only through the mouthpiece. You will not be able to talk while you are using the mouthpiece. Before the test, we will work out a way to communicate with you.



What will happen after the test?

- We will keep you for about 15 minutes before you can go home.

How will I get the results of the test?

- A Cardiologist (heart doctor) will check your test and send the results to your doctor.
- If you are a clinic patient, your doctor will tell you the results at your next visit.

