

# Cardiopulmonary Exercise Test (CPX)



## What will happen during the CPX Test?

Electrodes are placed on your chest to monitor your heart rhythm and a blood pressure cuff is put on your arm. You may have a simple breathing test done. Your oxygen levels will also be monitored throughout the test.

You will then ride a bicycle for about 10 minutes (for as long as you can) while breathing into a mouthpiece. The speed and resistance of the bicycle will increase slowly. As you exercise, cycling will get more difficult and your heart rate and blood pressure may rise, this is watched closely.

Let the therapist or doctor know if you have any chest pain, lightheadedness, feel nauseated or tired.

Your heart rhythm, blood pressure and oxygen levels will continue to be monitored after you reach your exercise limit and for a short period after. You may have the simple breathing test again after you exercise.

## What will happen after the CPX Test?

You return to your normal activities. The supervising physician will send the test report to your physician. The results will be given to you by your physician.

## How to Prepare for a CPX?

- Take your medication as usual, unless the doctor told you otherwise. Please bring all medication that you presently take with you to the test.
- Wear or bring clothing appropriate for exercise - loose fitting top and pants and comfortable rubber-soled flat shoes (i.e. runners, shorts, and a short sleeved shirt).
- The morning of the test you may have a light breakfast.
- No smoking from midnight the night before the test until the test is complete.

## What is a CPX?

A cardiopulmonary exercise test is a painless, non-invasive test. The test is done to determine whether you are having problems with your lungs or your heart.