

Cardiopulmonary Exercise Test (CPET)

Patient/Carer Information Leaflet

Department of Paediatric Respiratory and Sleep Physiology
The Royal Hospital for Children and Young People, Edinburgh, EH16 4TJ

What is a Cardiopulmonary Exercise Test (CPET)?

A CPET helps us to see how well your lungs, heart and muscles are working during exercise. The test is done on a stationary bicycle.

What are we going to get you to do?

Before you ride the bicycle we will do some breathing tests to see how much air is in your lungs and how well they work. Next we will get you to cycle; at first it will be very easy but then will become harder; we want you to do as much as possible before you stop. While cycling you will be wearing a mask to monitor your breathing and some electrodes on your chest to monitor your heart. You will also wear a cuff on your arm to measure your blood pressure. We will also measure your oxygen levels with a probe on your finger or ear.

This QR code will take you to a video of the test being performed >



What do you need to bring and do prior to the appointment?

You need to bring with you comfortable/loose clothes to cycle in e.g. t-shirt, shorts/jogging bottoms and appropriate footwear e.g. trainers. You may get hot so you may want to bring a change of clothes and a drink and snack for when you have completed the test.

Prior to your test:

- If you have a 10am appointment, please eat breakfast e.g. cereal/toast/fruit etc between 7:30am – 8am. If you have a 2pm appointment, please eat lunch e.g. sandwich/soup etc between 11:30am – 12pm. You should not eat or drink anything other than water in the two hours prior to your test. Do not drink fizzy or high energy drinks (e.g. Coke, Lucozade/Red Bull etc) on the day of your test

If you have not followed the above instructions on the day of your test it may have to be rescheduled

- Do not perform vigorous exercise for **24 hours** prior to your appointment
- Do not use your **BLUE** (known as Salbutamol) inhaler for **4 hours** prior to your appointment – do take it if you need to. If you use a blue inhaler, please bring this with you
- Please ensure nails are free from nail varnish including false and gel/acrylic nail enhancements
- Let us know if you feel unwell on the day of the test – we may need to reschedule your appointment.

How long does it take?

Your appointment will last approximately 2 hours, but you will only be on the bicycle for 15 minutes.

How do I get my results?

The results will be sent to your consultant, who will contact you directly to discuss the results.

Where are we located?

Respiratory Physiology is located in OPD 9.

From the Main Entrance to Royal Hospital for Children and Young People, please report to Ground Floor Outpatient Reception Desk.

**If you have any other questions or need to change your appointment, please telephone:
0131 312 1124**