



UnityPoint Clinic

CARDIOLOGY

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Cardiopulmonary Stress Test (CPX)

What is a Cardiopulmonary Stress Test?

The Cardiopulmonary Stress Test allows your doctor to measure how well your heart and lungs are working during exercise. Measurements are made of the amount of oxygen your body is using. Measurements are made while you ride a bike or walk on a treadmill.

Why is a Cardiopulmonary Stress Test performed?

A Cardiopulmonary Stress Test can be done for many reasons. Some of these are:

- Shortness of breath
- Evaluate/detect heart failure
- Evaluate lung function

How long does the Cardiopulmonary Stress Test take?

You need to allow 1 hour in your schedule for the test.

Specific Preparation:

- Do not eat two (2) hours before the test start time. (Water and juices are allowed.)
- Do not have any caffeine products 24 hours before the stress exam. Examples of caffeine include: Chocolate, Coffee, Tea, Sodas. This includes products labeled as Decaffeinated.
- Take all medications as prescribed.
- Do not smoke two (2) hours before the test start time. (It may influence test results.)
- Do wear or bring with you clothes that you can exercise in and a pair of walking shoes. No sandals.
- Do not exercise two (2) hours before the test.

Cardiopulmonary Stress Test

Appointment:

Date: _____

Time: _____

 Stop Medications on:

What should you expect before the test?

Once you arrive to the testing area on the day of your test, a technician or nurse will attach the heart monitoring equipment to you. Several sticky patches will be placed on your chest and connected to EKG wires. For men, we may have to shave off some chest hair so the patches will stick to your skin.

A blood pressure cuff will be placed on one arm and a clip on a finger. You will be given a mouthpiece that measures the air you breathe. A nose clip may be placed on your nose to ensure all breathing is done through your mouth.

What should you expect during the Cardiopulmonary Stress Test?

Exercise on the bicycle or treadmill will start slowly. The bicycle or treadmill speed and grade/resistance will slowly increase throughout the test. During the test, your blood pressure and hearts electrical activity will be monitored.

The test ends when you can no longer continue to exercise or when the physician or his/her designee has collected all the measurements needed. The test will also be stopped if any ill effects occur during exercise.

What should you expect after the test?

After you have exercised, your blood pressure and heart's electrical activity will continue to be monitored for 10-20 minutes.

When will you know the results of your test?

The results of the test will be reviewed by a board certified cardiologist and will be sent to the doctor that ordered the test for you. The test results will also be sent to your family doctor. It may take 3 to 4 days before you know the results of your test.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Clinic Cardiology 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.