

# Attending for an Annual Cystic Fibrosis CPET Test

(Cardio-Pulmonary Exercise Test)

Information for patients, relatives and carers

① For more information, please contact:

Anaesthesia & Theatres Department

Main Reception: 01904 631313

The York Hospital,

Wigginton Road, York, YO31 8HE

## **Introduction**

As part of your treatment and assessment, you have been asked to come for an annual cardiopulmonary exercise test (CPET). This information sheet will help you to understand what the test is for, what to expect, and how to arrive properly prepared.

## **Benefits of the test**

Completing a CPET will be very helpful to the cystic fibrosis team looking after you. How your heart and lungs respond to exercise gives the team useful information that helps them plan future treatment with you.

## **Where will the test take place?**

The tests take place in a bay on WARD 27 at York Hospital.

Please arrive here five to ten minutes before your appointment time.

You can drive yourself to the hospital and you should be able drive home after a short rest. Please allow extra time to find a parking space.

## **When will the test take place?**

Most tests are performed either on Monday morning or all day Thursday. There are usually five or more tests conducted each session but only one appointment for someone with cystic fibrosis – we try to run the tests as close to your appointment time as possible. You should expect to be in the test room, or talking to the doctor afterwards for a total of about 45 minutes.

## **What should I expect?**

When you arrive, we will measure your height and weight, and note some details such as the medicines you have been prescribed. The aim of the test is to exercise your heart and lungs whilst closely monitoring their function. To do this we will use some equipment: a heart sensor (to monitor your ECG), a blood pressure cuff on your arm and an oxygen saturation probe on your finger. Then we place a nose clip and mouth piece, or a soft face mask on you, which will allow us to measure the gases you are breathing in and out.

You will then be asked to sit on an exercise bicycle, and we will adjust it to fit you. Once the details of the test have been explained to you, we will ask you to start pedalling. Whilst pedalling the cycle we will gradually increase the resistance, so we can assess how well your body responds to this extra effort.

During the entire test there will be a consultant anaesthetist and a cystic fibrosis physiotherapist watching you closely.

Getting a good result from the test involves you exercising to your maximum ability. However, if at any time you feel you are unable to continue the test, you can of course tell us and simply stop pedalling.

## **What should I do before I attend?**

Please avoid drinking large amounts of alcohol in the 24 hours before your test. Please also avoid having a large breakfast on the day of your test, and avoid eating for two hours before the test – this will affect your metabolism and how well you can exercise. However, feel free to drink plenty of clear fluids.

Please bring the details of any medications you are taking. You do NOT need to stop any tablets before your test. If you take insulin for diabetes, please take your normal morning dose and the normal amount of food you would eat to go with this. On the day of your test, carry out your usual inhalers, nebulisers and airway clearance as normal.

## **What should I wear?**

Please wear comfortable loose clothes which you feel you can pedal in. T-shirt, Jogging trousers / shorts and trainers are ideal – but avoid tight fitting clothes which make it difficult to move and restrict the movement in your legs. You will get warm during the test – we have fans and windows in the room.

## **Are there any risks?**

All the CPET tests in York are carried out by a consultant anaesthetist, and one of the cystic fibrosis physiotherapists. We are watching your heart and lungs very closely, and we know exactly what we expect to happen. We will stop the test immediately if you feel any problems, or we see any unexpected changes in your heart or lungs.

## **When will I get the test results?**

After the test is complete, the monitoring devices have been taken off and the doctor has had a chance to look at the information, you will be able to sit down and talk with the consultant running your session and with the cystic fibrosis physiotherapist. The doctor will explain the results and the physiotherapist will help you develop your exercise plan.

## **What happens next?**

The consultant who ran your CPET test will write to the cystic fibrosis team with detailed results. The information will be used as a baseline for further exercise treatment and assess annual changes.

As part of our work to care for you and to ensure that treatments are as safe as possible, you may be asked to participate in one of the research projects which are currently under way. The results of your test may decide whether we ask you to part of our study – if so we may talk to you about this after your test.

If you have a specific questions about the CPET test, or are unsure as to whether you should be attending, please contact one of the cystic fibrosis physiotherapists in the usual way on the CF phone (01904) 725601 or by text 07816 330902 or by email [cystic.fibrosis@york.nhs.uk](mailto:cystic.fibrosis@york.nhs.uk)

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Dr James Walkington, Consultant Anaesthetist, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 631313 or email [james.walkington@york.nhs.uk](mailto:james.walkington@york.nhs.uk).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	Dr James Walkington, Consultant
Date first issued	February 2017
Review Date	February 2024
Version	1 (reissued February 2021)
Approved by	Anaesthetics and Theatres Clinical
Document Reference	PIL 1069 v1.3

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