

Patient Information

Respiratory Physiology

Exercise Tests

Following a referral from your doctor or consultant, you will need to take part in some tests which will show how well your heart and lungs are working.

There are 3 different tests you may need to take part in, and these will depend on your diagnosis and symptoms. They include:

- **Cardio-Pulmonary Exercise Test (CPET)**. Royal Stoke site only.
- **A 6-Minute Walk Test (6MWT)**. Either Royal Stoke or County site.
- **Exercise Induced Asthma Test (EIA)**. Royal Stoke site only.

You may experience shortness of breath and fatigue during the exercise test however this is required to ensure that we gain accurate outcomes/results. Adequate rest and recovery time will be given.

You may experience some muscle soreness on the days following the test.

Exercise tests are required so that:

- Any breathing problems can be determined when not at rest.
- Causes identified if other tests completed have been inconclusive.
- Effectiveness of treatment can be monitored.
- A patient's fitness before having surgery can be assessed.

Preparing for the exercise tests

Please contact the Royal Stoke on 01782 675452 if you have had any of the tests requested and you have experienced any of the listed symptoms below. Your appointment may need to be re-scheduled, or adjustments made for your appointment.

- Musculoskeletal problems or injuries preventing you from exercising.
- Recent heart attack.
- Uncontrolled high blood pressure.
- Recent chest infection requiring antibiotics/steroids in the last 6 weeks.

Please read the appointment letter to check if any medication you are on should be withheld (particularly for the EIA). **Please also make sure you:**

- Bring a list of any medications you are taking with you.
- Wear comfortable clothing and flat shoes that will not slip off easily.
- Eat a light meal at least 2 hours before the appointment.
- **Do not** smoke, have any caffeine or alcohol on the day of the test.
- **Do not** exercise before the test.
- Remove nail varnish/false nails.
- Bring any walking aid you have, to enable you to walk safely, such as a walking stick or walking frame.
- If you are on oxygen when you exert yourself, please bring this with you to the appointment.

Cardiopulmonary Exercise Test (CPET)

Please allow 1 hour for the appointment, however you will not be exercising for the whole hour.

Before the exercise test

- You will be given all the information about the test and have an opportunity to ask any questions you may have.
- The Physiologist will perform a baseline spirometry test (**lung function**) and take a blood sample from your ear (see CBG information).
- You will then be fitted with an ECG, oximeter, BP cuff along with a mask to measure your breathing.

During the exercise test

- The test is completed on a static exercise bike. You will be cycling for approximately 8-12 minutes against the incremental load.
- Your heart rate and BP will be monitored for a few minutes once you have completed as much exercise as possible.
- Your heart, lungs, BP and oxygen saturation (using a pulse oximeter) are monitored during the exercise to an incremental workload. This will feel like you are cycling up a hill.

6-Minute Walk Test (6MWT)

The test will take 15 minutes to complete including recovery.

Before the exercise test

You will be given all the information about the test and have an opportunity to ask any questions you may have.

During the exercise test

- You will walk up and down a room for 6 minutes to the length of either 9, 10 or 7m. This will depend on if your appointment is at Royal Stoke or County Hospital.
- The test measures how far you can walk at your own pace in 6 minutes.
- While you walk your heart rate and oxygen levels are monitored by the Physiologist using either a finger or ear probe (pulse oximeter).
- You can stop at any point to rest and have as many rests as you require during the allocated time.

Exercise Induced Asthma (EIA) Test

Please allow 1 hour for the appointment, however you will not be exercising for the whole hour.

Before the exercise test

You will be given all the information about the test and have an opportunity to ask any questions you may have.

A baseline spirometry breathing test ([link to spirometry](#)) will be taken.

During the exercise test

- The test is completed using a treadmill for 6-8 minutes and will identify if there are changes in your airways.
- The Physiologist will aim to get your heart rate up to 80-85% of its maximum.
- You will be monitored by using a heart rate strap around your chest.
- You will be asked to perform breathing tests at different time intervals for up to 30 minutes. The time intervals will depend on the results from the breathing test each time it is performed.
- If necessary, you will be given inhaled medication, and the spirometry test will be repeated after 15 minutes.

Results

The results will not be discussed at your appointment.

The test report will be uploaded to your hospital record on your day of testing so that the referring doctor/consultant has time to review.

Any results will be discussed with you at your next appointment.

Contact Numbers

Royal Stoke 01782 675452

County 01785 887544

Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language