

# CARDIO PULMONARY EXERCISE TESTING (CPET)

Your test explained...

## WHAT IS IT?

A **maximum effort** exercise test performed on an exercise bike to assess the heart and lung during exercise. The test involves lots of baseline measurements including: Breathing tests, ECG, Blood pressure, and blood gas levels. Then you are put onto an exercise bike and instructed to exercise at a constant speed until you physically cannot go any further.

This test will take around 60 minutes to complete however the time spent exercising is around 10-12 minutes in order to reach maximal exercise. At this point it is normal to feel short of breath, excessive sweating, fatigue and occasionally dizziness.



## WHY CPET?

CPET is often requested as it assesses both the heart and lungs which is unique to this type of exercise tests.

It is commonly used to identify the presence of cardiac and respiratory conditions as well as pre operative fitness for surgery. It is likely that you will have had some basic investigations prior to coming for a CPET however this is not always necessary.

## HOW SHOULD I PREPARE FOR THE TEST?

To complete CPET you must be mobile and able enough to get onto an exercise bike, pre test instructions include:

- Do not exercise prior to your appointment and ensure you are well rested
- Eat a light meal or breakfast at least 2 hours prior to your test and ensure you are hydrated (Avoid caffeine and alcohol)
- Take all routine/normal medication and bring along a medication list, it is helpful to bring any emergency medication you have such as inhalers / GTN sprays
- Wear light comfortable clothing and shoes suitable to exercise in
- Avoid use of body lotion on the upper body, as this may affect ECG electrode placement
- Abstain from smoking for at least 8 hours prior to the test
- Refrain from wearing any nail varnish or false nails

Please contact the department if you have any of the following:

- ▶ Surgery, stroke/TIA, collapsed lung, blood clot in your lung within the last 6 weeks
- ▶ Heart attack or unstable angina pain in the last 2 weeks
- ▶ Coughing up of blood in the last 48 hours
- ▶ Current chest infection, active TB or large aneurysm at present

For more information please visit: (QR)



or contact the department on 02921 825421



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Lung Function  
& Sleep Apnoea  
Department

# PRAWF YMARFER CORFF CARDIO-PWMLMONAIDD (CPET)

## Esboniad o'ch prawf...

### BETH YDYW?

Prawf ymarfer corff **ymdrech fwyaf** a wneir ar feic ymarfer corff i asesu'r galon a'r ysgyfaint yn ystod ymarfer corff. Mae'r prawf yn cynnwys llawer o fesuriadau llinell sylfaen gan gynnwys: Profion anadlu, ECG, pwysedd gwaed, a lefelau nwy gwaed. Yna cewch eich rhoi ar feic ymarfer corff a gofynnir i chi wneud ymarfer corff ar gyflymder cyson nes na allwch fynd ymhellach.

Bydd y prawf hwn yn cymryd tua 60 munud i'w gwblhau ond mae'r amser a dreulir yn gwneud ymarfer corff tua 10-12 munud er mwyn cyrraedd y lefel ymarfer corff gorau posibl. Ar y pwynt hwn mae'n arferol teimlo'n fyr o anadl, chwysu'n ormodol, teimlo wedi blino ac weithiau'n benysgafn.



I gael rhagor o wybodaeth, ewch i:

Cysylltwch â'r adran ar 02921 825 421.



### PAM CPET?

Gofynnir yn aml am CPET gan ei fod yn asesu'r galon a'r ysgyfaint sy'n unigryw i'r math hwn o brofion ymarfer corff.

Fe'i defnyddir yn gyffredin i nodi presenoldeb cyflyrau cardiaidd ac anadlol yn ogystal ag asesu ffitrwydd ar gyfer llawdriniaeth. Mae'n debygol y byddwch wedi cael rhai ymchwiliadau sylfaenol cyn dod am CPET, ond nid yw hyn bob amser yn angenrheidiol.

### SUT DDYLWN I BARATOI AR GYFER Y PRAWF?

Er mwyn cwblhau CPET rhaid i chi fod yn symudol ac yn ddigon abl i fynd ar feic ymarfer corff, mae cyfarwyddiadau cyn y prawf yn cynnwys:

- Peidiwch â gwneud ymarfer corff cyn eich apwyntiad a gwnewch yn siŵr eich bod wedi gorffwys yn dda
- Bwytwch bryd ysgafn neu frechwast o leiaf 2 awr cyn eich prawf a gwnewch yn siŵr eich bod wedi'ch hydradu (dylech osgoi caffein ac alcohol)
- Cymerwch yr holl feddyginiaeth reolaidd/arferol a dewch â rhestr o'ch meddyginiaethau, mae'n ddefnyddiol dod ag unrhyw feddyginiaeth frys sydd gennych fel mewnanadlyddion / chwistrellwyr GTN
- Gwisgwch ddillad ac esgidiau cyfforddus ysgafn sy'n addas i wneud ymarfer corff ynddynt
- Dylech osgoi defnyddio eli corff ar ran uchaf eich corff, gan y gallai hyn effeithio ar leoli'r electrod ECG
- Peidiwch ag ysmegu am o leiaf 8 awr cyn y prawf
- Peidiwch â gwisgo unrhyw farnais ewinedd neu ewinedd ffug

Cysylltwch â'r adran os ydych wedi cael unrhyw un o'r canlynol:

- ▶ Llawdriniaeth, strôc/TIA, ysgyfaint wedi cwmpo, clot gwaed yn eich ysgyfaint o fewn y 6 wythnos diwethaf
- ▶ Trawiad ar y galon neu boen angina ansefydlog yn ystod y pythefnos diwethaf
- ▶ Pesychu gwaed yn ystod y 48 awr ddiwethaf
- ▶ Haint presennol ar y frest, TB actif neu anwrysm mawr ar hyn o bryd



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Swyddogaeth yr Ysgyfaint  
ac Adran Apnoea Cwsg