

CHINOOK LUNG FUNCTION CLINIC
204 542 7 Street South
LETHBRIDGE, AB T1J 2H1

Phone: 403-327-7675 Fax; 403-327-7674

Cardio-Pulmonary Exercise Test Patient information

Patient Information: _____ Appointment Date: _____
(Please phone **403-327-7675** if unable to attend appointment).

Your Doctor has requested that you have a Pulmonary Exercise test to assist him/her in the diagnosis of your illness and/or evaluate any physical limitation you may have to exercise.

You will be asked to exercise on a bicycle or walk on a treadmill at increasing levels of work while breathing on a mouthpiece. For maximum benefit of the test, we ask that you exercise as long as possible. We may stop the test due to signs of fatigue or you may give us a signal to end when you feel you cannot carry on.

Requirements:

1. You will be required to sign a consent form.
2. Please refrain from smoking, drinking alcohol or caffeinated beverages for at least **four** hours prior to test.
3. Do not use a bronchodilator **four** hours prior. Doctor will instruct regarding other medications and use prior to test.
4. Wear loose fitting or comfortable clothing.
5. Running shoes are a **MUST**.
6. You may eat something light (i.e., muffin and juice) 1 – 2 hours prior to testing.

What to Expect:

You will be carefully supervised throughout the test by the physician. Your progress will be followed with the use of the following monitors: E.C.G. (heart), pulses oximeter (oxygen) BP (blood pressure). You will also be required to wear headgear, with a mouthpiece and nose clips during the testing. A simple breathing test will be performed pre and post testing. Expect to be here approximately 60 minutes.

Risk and Discomforts:

There exists the possibility of certain changes occurring during the test. These include abnormal pressure, fainting, disorders in heart rhythm, muscle stress, or cramps and in **extremely** rare instances heart attacks. Every effort will be taken to minimize these risks by preliminary examination and observation during the test. Emergency equipment and trained personnel are present to deal with any unusual situations that may arise.