The Endocrine Center - Cardiopulmonary Stress Test

Board Certified, Endocrinology and Metabolism

A Cardiopulmonary Stress Test will evaluate your heart and lungs. The test begins with four pulmonary function tests which will evaluate your lung function and capacity. Then you will be hooked up to an electrocardiogram (ECG) and asked to ride a stationary bike for 6-10 minutes. Throughout the test we will monitor your heart, blood pressure, circulation and several other measurements will be taken. You will be able to stop the test for any reason but we ask that you give your best effort so your doctor can get reliable results.

Plan to be in the office anywhere between 30 minutes to one hour. **Your actual time on the exercise bike will only be 6-10minutes.**

HOW TO PREPARE BEFORE THE TEST

- Do wear comfortable clothes.
- Do wear comfortable shoes.
- Do eat normal meals before the test.
- Do drink plenty of fluids 24 hours before the test.
- Do take your medications as usual unless told otherwise.
    - You may be asked to hold medications that slow your heart rate, such as beta blockers.
- Arrange for someone to drive you home if you feel you might be too tired to drive yourself.

WHAT NOT TO DO BEFORE THE TEST

- Do not wear a dress or a skirt.
- Do not wear heels or sandals.
- Do not fast or eat a large meal right before the test.
- Do not drink caffeine within 2 hours of the test.
- Avoid strenuous physical activity the day of the test.

If you have any questions regarding this procedure feel free to call and ask to speak with the staff.

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