

Cardiopulmonary Exercise Testing (CPX)

Cardiopulmonary Exercise Testing is used to determine how well heart failure patients are doing, and to allow for adjustments in medical treatments to improve outcomes.

Expertise in Matters of the Heart

CPX Testing

CPX testing is a non-invasive measurement of heart and lung function. It replaces a traditional treadmill stress test. This type of test provides a tremendous amount of information that relates not only to your present condition but also for future outcomes.

This test combines measurements of your ventilation, respiratory gas exchange in the lungs, electrocardiogram (EKG), blood pressure and physical response before, during and following an exercise protocol.

Submaximal Step Test

This test involves stepping on a step at your own pace for as long as you feel you can exercise. You will not be expected to exercise for longer than 6 minutes.

Maximal Treadmill Test

This test involves exercising on a treadmill. You will be asked to exercise as long as you feel you can and you will not be expected to exercise longer than 20 minutes.

Patient Preparation: If you take a beta-blocker, this should be taken 3-10 hours before the CPX test.



Examples of a beta-blocker:

- atenolol (Tenormin)
- bisoprolol (Zebeta)
- bisoprolol & HCTZ (Ziac)
- carvedilol (Coreg)
- metoprolol (Lopressor, Toprol XL)

Please wear comfortable clothing and walking shoes, as this test will involve either walking on a treadmill or walking on a step.

Please refrain from using lotion on your torso prior to testing.

What to expect: Our cardiovascular technologist will prep your skin for a 12-lead EKG. They will place sticky electrodes on your chest. You will then be asked to remain lying down while

they obtain a resting EKG tracing.

You will then be asked to stand up and they will obtain a blood pressure reading. A mask or mouthpiece will be used. You will be able to breath through your mouth. You may be able to breath through your nose, but we ask that during the test you do primarily mouth breathing.

You will be asked to not talk until after the mask/mouthpiece is removed. You will be provided with instruction on hand signals to communicate with the technician.

Once the mask/mouthpiece is fitted you will be asked to remain standing still for 2 minutes. The technician will instruct you when to step on the treadmill or step. You will be asked to exercise as long as you can or as long as the test runs.

Once you are done exercising the technician will collect additional results with the mask/mouthpiece on. Once the mask/mouthpiece is removed the test is complete.

This procedure should take between 30-60 minutes.

Heart Center of the Rockies, the region's premier heart center, is dedicated to providing a comprehensive program of advanced cardiovascular care throughout Colorado, Wyoming and western Nebraska.

Location:

Fort Collins – Harmony Campus
2121 E. Harmony Road, Suite 200
Fort Collins, CO 80528
(970) 221-1000, (800) 459-4241

Details of Your Upcoming CPX Test:

Appointment Date: _____

Appointment Time: _____

Please check in 15 minutes prior to your appointment.

Take your beta-blocker at : _____ (time).



For more information call (970) 221-1000, (800) 459-4241, or visit www.heartcenteroftherockies.com