

## Cardiopulmonary stress test

A cardiopulmonary stress test is an examination used to assess a patient's physical fitness level, on the basis of which a detailed and safe exercise plan is designed. The test is performed on a stationary bicycle or a treadmill. During the test the exercise load is gradually increased to maximum capability to determine the maximum oxygen consumption of the body. During the test the equipment used records your heart function (as an ECG) and measures oxygen and carbon dioxide levels in your inhaled and exhaled air. Comparing the results of cardiopulmonary stress tests taken over a longer period of time provides a good overview of changes in the physical condition of a patient and helps measure training efficacy.

### Indications:

- assessing overall physical form
- identifying the cause of various symptoms (suspected arrhythmia, respiratory disorders, headaches, etc.)
- diagnosing hidden cardiovascular diseases
- assessing reserves and treatment efficacy in patients with cardiac and pulmonary problems
- establishing baseline capacity in those planning to start exercising regularly
- assessing gains and measuring training efficacy

### Contraindications:

- acute illness (fever, viral or infectious diseases, cough, runny nose)
- exacerbation of a chronic disease
- high blood pressure that does not respond to treatment and is not under control
- injuries that don't allow you to run or ride a bicycle

### Before for the test

Before taking a cardiopulmonary stress test you are asked to sign the Cardiopulmonary Stress Test Consent Form. For more information on how the test is performed, see the Consent Form.