Cardiopulmonary Exercise Stress or VO\textsubscript{2} Test

This test is done to see how well your heart and lungs are working. It measures how well your lungs move oxygen from the air you breathe into your blood. For people with heart disease, it is used to see how the heart is able to function. It may also be used to determine if a heart transplant is needed. You may also hear this test called a metabolic stress test. Changes in your medical treatment or your plan of care may be made based on your results.

**How is the test done?**

Before the test is started, you will be asked about your activity level and your symptoms, such as shortness of breath and feeling tired.

- Your blood pressure will also be checked before and during the test.
- Your heart rate and rhythm will be monitored during the test, much like an EKG.
- A clip is used to pinch your nose shut so you breathe only through your mouth. You breathe into a plastic mouthpiece before and during the test. The oxygen you take in with each breath and the carbon dioxide you breathe out are measured and recorded.
- You will walk on a treadmill slowly at first. The speed and the incline of the treadmill will be increased during the test. You will be asked to rate how hard you are working.
- Your breathing and symptoms are measured throughout the test and during the cool down.

**To prepare for the test**

- Wear comfortable walking shoes.
- Dress in comfortable, light clothes.
- Take your medicines as usual before the test.
- Bring a list of your medicines with you to the test. Include all prescription and over the counter medicines, vitamins and herbal products that you take.
- Do not use any lotions or powder on your chest before the test.
- Eat a light meal 4 hours before the test. You may want to bring a snack to eat after the test.
- Go to the bathroom before the test, so you will not have to stop during the test.
- Drinking water before the test helps ease the dryness in your throat during the test.

Expect the test to take about 45 minutes.
After the test
You can resume your usual activities after the test. The test results will be sent to your doctor. Your doctor will talk to you about the test report.

Where the test is done
Your test is scheduled to be done at the Richard M. Ross Heart Hospital in the Non-Invasive Lab. The hospital address is 452 W. 10th Avenue, Columbus, Ohio, 43210. If you need to cancel or change the time for your test, please call 614-293-7677 or toll free 888-293-7677.