



# **CARDIOPULMONARY EXERCISE TESTING INFORMATION SHEET**

**Pulmonary Function Lab (202) 782-5737**



**Your doctor has ordered a test to evaluate your breathing status. There are several things you should know before the test:**

## **Instructions**

- Bring gym clothes and running/tennis/walking shoes on day of study.
- FEMALES: please bring a blouse with buttons in the front AND an exercise bra.
- DO NOT EXERCISE ON THE DAY OF THE TEST.
- DO NOT EAT within 3 hours of your test to avoid nausea
  
- The testing process will take approximately 1 hour to complete

If for any reason you CANNOT make the appointment or you have questions, please call the pulmonary function laboratory at (202) 782-5737 at least 24 hours in advance to reschedule.