



Cardiopulmonary Exercise (CPX) Testing ***Pre-test Instructions***

Test Date and Time _____

Please report to the **Summit Medical Fitness Center** for testing and check in at the **Front Desk** telling staff you are here for a **RMHL** CPX test or Exercise and Sports Science Center CPX test.

Please follow these Pre-Test Instructions to ensure a Safe and Effective CPX Study:

- Wear comfortable, loose fitting clothing consistent with exercise testing. Women wear a sports bra or halter top to facilitate EKG electrode placement. Wear walking, running, athletic foot wear.
- Please **DO NOT** use any body lotions, perfumes, or similar products on the day of testing.
- Drink plenty of fluids over the 48-hour period **preceding** the test to ensure normal hydration prior to testing.
- Maintain a diet adequate in carbohydrates several days in advance of testing.
- You may eat a light meal **2-3** hours before testing.
- Avoid tobacco and alcohol for at least **4** hours before testing. Avoid caffeinated drinks for **12** hours prior to testing if possible.
- Avoid vigorous cardiovascular or resistance training, exercise, or activity the **day** of the test.
- Get an adequate amount of sleep [**6-8** hours] the night before the test.
- Do **not** stop taking prescription medications unless this is specified by your physician-please **bring a list of your medications with you.**

What we suggest you bring: water bottle filled with water or sport drink; a light, quick-energy snack.

Please be prepared to give your **BEST** effort. Immediately after their first laboratory evaluation patients and athletes' remark that they "could have given more, had a little more in me, could have "gone another few minutes." Be aware of this prior to testing. Clearly there exists' many legitimate reasons for this including: unfamiliarity with treadmills or bicycle ergometers, the new sensation of breathing through the mouth with mask blocking the nose, and the artificial laboratory setting.

Our staff will do everything possible to care for you and exhort you to give your best effort. The level of motivation you bring to the lab is very important. **The harder you work the more valuable the clinical and/or performance data we acquire.** This is the reward for putting forth your best effort. We respect and admire your decision and we look forward to working with you.