

## CPET – Patient Agreement Form

### **Purpose of the examination**

Cardiopulmonary Exercise Test (CPET) is conducted in order to assess exercise tolerance on the basis of expired gases analysis (oxygen and carbon dioxide).

### **Performing the CPET**

To assure the proper conduct of CPET there is always qualified staff present during the examination (including M.D.).

Patient is asked to undress (upper body) prior to the examination in order to prepare his skin properly for ECG attachment.

CPET is conducted with the use of a treadmill, cycloergometer or arm ergometer. After ECG electrodes are attached, the patient is required to wear a special mask necessary for the test. The mask is connected to the machine responsible for gas analysis. The workload is being increased gradually until expected parameters are reached or any indication for halting the test occurs. Examination can also be stopped at any time due to patient's request. CPET lasts from 30 to 60 minutes.

### **Information You should report to M.D. or technician conducting the test**

Close cooperation between patient, technician and M.D. is highly advised to collect reliable and usable data. During the examination patient should report immediately about any sign of pain, dyspnea, dizziness, tinnitus, etc.. However, it should be remembered that fatigue is normal, physiological reaction to exercise, and unjustified request for halting the test may bring difficulties in data interpretation.

### **Possible threats**

CPET belongs nowadays to the group of safe examinations, however myocardial infarction, cardiac arrest or even death rarely occurs (1/2500 examinations). Chest pain, arrhythmias, dizziness, blood pressure fall, legs pain are most often observed side effects. Contact allergy on the skin parts where ECG electrodes were attached or mask placed may appear in very sensitive person. Fatigue after examination may remain up to few hours.



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**Patient Full Name**

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**ID**

.....

**Patient Parent or Representative** *(if patient is under 18 years old)*

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### Statement

**I hereby declare, that I have been fully informed of the indicated examination, its purpose and potential threat.**

**I have been provided with all the answers for my questions and I agree to participate in the examination.**

.....  
*(City, date)*

.....  
*(signature)*