

Waller cardiovascular unit – St Mary's Hospital

Pulmonary exercise test (MV02 test)

Information for patients, relatives and carers

Introduction

Your doctor has requested that you have a pulmonary exercise test, sometimes referred to as an MVO2 test. This leaflet explains what will happen at your appointment. Please contact your care team if you have any questions or concerns.

What is a pulmonary exercise test (MV02 test)?

An MV02 test is a non-invasive way of seeing how your heart and lungs work when resting and during exercise.

How do I prepare for the test?

- Please do not eat or drink anything other than water for one hour before the test
- Your physician may ask you to stop taking certain medication before the test
- Please wear comfortable, loose clothing and appropriate shoes (we will ask you to remove your clothes from the waist up. Females will be given a gown to wear)
- Please write down your height and weight as this will be needed for the test
- Please keep taking all of your medications as normal unless advised otherwise

What to expect at your appointment

We will ask you to walk on a treadmill while we monitor:

- your heart, using an electrocardiogram (ECG)
- your metabolic rate; you will breathe through a mouthpiece and, using a probe clipped onto your ear, we will monitor the oxygen level in your blood

The treadmill will begin at a very slow pace. The speed and angle (incline) of the treadmill will increase very gradually.

For the test to be accurate, it is important that you exercise to the best of your ability.

The test is used to:

- assess your level of fitness
- see how well your heart pumps during exercise
- identify what is limiting the amount of exercise you can do
- assess the severity of heart failure

The test is non-invasive and painless.

Please note there is a small risk of accidental injury in using any treadmill.

When will I receive the results?

You will receive the results of your test at your follow-up outpatient appointment. The results will not be sent directly to your GP. Depending on your results, the physician may recommend further tests.

Cardiac investigations department contact details

If you have any questions please do not hesitate to contact the appropriate cardiac investigations department:

Charing Cross Hospital	Hammersmith Hospital	St Mary's Hospital
Fifth floor Charing Cross Hospital Fulham Palace Road London W6 8RF Telephone: 020 3311 1028	Ground floor, B block Hammersmith Hospital Du Cane Road London W12 0HS Telephone: 020 3313 3951	Waller cardiovascular unit Ground floor Mary Stanford Wing St Mary's Hospital Praed Street London W2 1NY Telephone: 020 3312 1241

How do I make a comment about my visit?

If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross and Hammersmith hospitals), or **020 3312 7777** (St Mary's Hospital). You can also email PALS at imperial.pals@nhs.net

Alternatively, you may wish to complain by contacting our complaints department:
Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY
Email: ICHC-tr.Complaints@nhs.net Telephone: **020 3312 1337 / 1349**

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Cardiology department
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