

Cardiology

Pulmonary exercise (MVO2) test

Information for patients, relatives and carers

Introduction

Your doctor wants you to have a pulmonary exercise test, sometimes called a 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 (MVO2 test)?

An MVO2 test is a non-invasive way of seeing how your heart and lungs work when you're resting and when you're doing exercise.

How do I prepare for the test?

- do not eat for one hour before the test
- do not drink anything other than water for one hour before the test
- wear comfortable, loose clothing and appropriate shoes – we will ask you to remove your clothes from the waist up, and offer you a gown to wear
- keep taking all of your medications as normal unless we tell you to stop
- we might ask you to stop taking certain medication before the test

If you need a chaperone and/or an interpreter

If you need someone to come to the appointment with you (a chaperone), please tell the receptionist when you arrive for your appointment.

If you need an interpreter, please contact us on the number for your cardiac department on 020 3312 1241, three days before your appointment. We can then book an interpreter for your appointment.

Plan your journey

Many people benefit from planning their journey to the hospital. Knowing your route can help you get there in plenty of time for your appointment. There are a small number of general and disabled car parking spaces at the different hospitals (except for St Mary's).

For help with journey planning, please visit: www.imperial.nhs.uk > [our location](#) > choose the correct hospital > hospital map > parking and www.tfl.gov.uk.

What to expect at your appointment

There will be two members of the cardiac physiology team to explain and perform the test. We will ask you to walk on a treadmill or cycle. While you walk, we'll monitor:

- your heart, using an electrocardiogram (ECG)
- the amount of energy you use; 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. We will increase the speed and angle (incline) of the treadmill 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 valve function

The test is non-invasive and painless.

Cardiac investigations department contact details

If you have any questions, please don't hesitate to contact the appropriate cardiac investigations department:

St Mary's Hospital

- 020 3312 1241
- Waller Cardiovascular Unit, Ground floor, Mary Stanford Wing, St Mary's Hospital, Praed Street, London W2 1NY

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. 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 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

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**

Alternative formats

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

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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