Cardio Pulmonary Exercise Testing – CPET
Test Preparation

Please follow the guidelines below prior to your appointment to prepare test.

Precautions:

- Cardio Pulmonary Exercise Testing can be physically demanding because it requires recording of lung, heart and mitochondrial function under exercise stress. (approximately 8 to 20 minutes pedaling on exercise bike)
- Non-Saputo patients must present a letter from their PCP stating that they are fit to do an exercise stress test, must have Dr. Saputo sign off on their CPET questionnaire and sign the CPET consent form, before we can schedule the test.
- If you have experienced claustrophobia please discuss with your physician prior to making an appointment for CPET. (You will be required to breathe through a mask covering nose and mouth while exercising)

Prerequisite for Test:

All patients must have filled out the CPET intake forms posted on www.HealthMedicineCenter.net and submitted it to HMC via fax, e-mail, or mail. Doctor Saputo will go over your provided health information and confirm that this test is safe for you to take. Once he signs off on your paperwork the test can be scheduled.

Prior to Test:

- You should not have had a significant illness or cold for at least a week (7 days) prior to the test.
- Follow your usual eating patterns for the five days prior to test.
- Do not exercise for twenty-four hours prior to the test.
- Fast for eight hours prior to test. (no food or drink; EXCEPT water)
  *DO NOT STOP TAKING PRESCRIPTION MEDICATIONS*

Morning of Test:

- Do NOT smoke the morning of test.
- Wear tennis shoes and exercise clothing. (You will break into a sweat)
- Women should NOT wear lip-stick and should avoid nail polish.

Reporting & Consultation:

A report will be mailed/faxed or emailed to you within 3 weeks. The report will give you in-depth information about your cardiac, pulmonary, thyroid and mitochondrial function and how your body responds to exercise. If you want to discuss the results of the report with Dr. Saputo you can schedule a 15 min appointment. This appointment is not part of the test fee and will be charged and billed as a regular office visit.

If you are not a patient of Dr. Saputo and you would like to continue seeing him for further consultation, you will have to schedule a new patient appointment thereafter.

The cost per test is $399.00, and is not billable to insurance. Medicare patients will have to sign a waiver to acknowledge that this test cannot be submitted to Medicare by Dr. Saputo or themselves. Patients with private insurance can ask for a copy of the superbill to submit on their own.

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