

Cardiopulmonary exercise test

The cardiopulmonary exercise test is a diagnostic test method which allows for the evaluation of metabolism in blood circulation, breathing and muscles as a whole during exercise.

Alongside monitoring adaptation processes of the cardiovascular system, changes in breathing function, inhaled oxygen and exhaled carbon dioxide are constantly registered using a breathing mask and gas analyser.

The test is used to identify a bronchospasm, which is triggered by exercise. The patient's physical performance and changes in the breathing function that become apparent while exercising are assessed. It is primarily used to diagnose exercise induced asthma.