



## What happens at an exercise test appointment ?

You are invited to attend for an exercise test – a modified shuttle walk test (beep test). This involves a 10 metre flat course, initially walking progressing to running, with less time for each shuttle run as the test continues. It may take up to an hour in total so please allow sufficient time. On arrival please book in at CF reception.

### Why it is important to attend

It is a recommendation within the Cystic Fibrosis Standards of Care to complete an annual exercise test, it contributes to assessment of your chest and therefore helps with providing appropriate individual treatment advice. Please let us know if you cannot attend as organising an exercise test takes time.

### Preparation :

- Please **avoid using your bronchodilator, blue inhaler for up to 4 hours before the test.** If you have had to use it due to acute shortness of breath please ring Natasha Pickering, Physiotherapist on 01253 955086 to discuss whether it is appropriate to complete the test
- However, it is important you bring your blue inhalers with you in case of need post test
- Please wear suitable exercise clothing and footwear
- Please bring a drink with you

### During the test :

- Firstly you will be asked when you last took your bronchodilator
- We will then take the following baseline measurements- spirometry, oxygen saturations, heart rate and score breathlessness and muscle fatigue scale
- You will then complete the shuttle beep test with encouragement from staff, oxygen saturations and heart rate will be recorded throughout
- All above measurements will be repeated immediately post test
- Spirometry will be repeated at 2, 5 and 10 minutes post beep test
- 2 x sputum samples will be collected post the beep test.
- The results of your test will be discussed immediately with you

### After the test :

- Your test results will then be shared with the other members of the CF team
- If applicable any potential action will be discussed with you at next clinic, or sooner if necessary

If you have any questions please let us know