



Neuroscience Health Center  
Neuro Diagnostics Lab

213 Quarry Road  
Palo Alto, CA 94304  
650.723.6888

**AUTONOMIC TESTING INSTRUCTIONS  
PLEASE READ CAREFULLY**

An appointment has been made for you to have Autonomic Testing in our laboratory.

**DATE:** \_\_\_\_\_

**TIME:** \_\_\_\_\_

Please arrive 30 minutes early; if you are late, it may be necessary to reschedule your test. In the event you are unable to keep your appointment to cancel at (650) 723-6888. You can park in the **Stanford Neurosciences Health Center Parking Structure – P9**, which is adjacent to the Neuroscience building.

Your autonomic nervous system takes care of body functions over which you have no control, and in our lab we are able to study these functions: heart rate and blood pressure regulation and sweating – your body's thermal regulator.

In order to accurately study these areas of your autonomic system, your body must first be free of certain chemicals and medication which you might use every day. Therefore, we've listed some things to do to prepare for the test. Autonomic testing takes 1.5 to 2 hours.

Please check in on the first floor.

To prepare for your autonomic test, please carefully follow **ALL** of the following instructions to ensure accurate results.

Please shower the night before testing and do not use any body lotion, creams or powders below the neck. Deodorant is ok to use.

Eight hours prior to the test, please abstain from

- 1) caffeine (coffee, tea, cola, energy drinks, etc)
- 2) tobacco products or nicotine replacement (patches or gum)

Do not drink alcohol the evening before the test.

You may eat up to 3 hours prior to test. If you eat, please eat food that is easy to digest. Fried foods, for example, should be avoided.

You can drink as much water as you like up until the time of the test. Please make sure you are hydrating starting at least 24 hours before your test.

The nurse will contact you within 10 days of your tests. There are medications that can affect the test, so please modify your doses and bring the medications with you into the appointment so you can resume them after the test is complete. Please refer to the medications listed in your MYHEALTH chart and let me know if there is a discrepancy of any kind. Please make sure your medication list is current. We need your medications to perform testing so bring all of your medications with you into your appointment. If you do not bring your medications into the room for testing, we may have to reschedule your appointment.

**\*\*Please let us know if you are taking any other medications other than what is listed here by replying to this message with the name of the medication. \*\***

If holding any of your medications creates a challenge to your normal daily functioning, please let us know. Please note no medications are held for more than three days.

Do not take aspirin, ibuprofen, or acetaminophen for 24 hours prior to test.  
Do not take over the counter medications for sleep or cold or flu relief for 72 hours.

You do not need to hold anti-seizure, anti-suppressants, immunosuppressants, cardiac, thyroid related or hormonal medications at all. Be sure to discuss this with the nurse prior to testing

Medical marijuana should not be used for at least 3 days prior to test.

For the test itself: You will be lying on a long flat examining table, and will have EKG and respiration monitors on your torso, and a blood pressure monitor on your finger. You will be asked to do some breathing into a tube, and will be tilted to the upright position, and will have monitoring of your body while you do this. This gives us information about your autonomic nervous system: what is working well, and what is not working as well. The other thing that is tested is sweating response. They will place straps on one arm and one leg to hold special sensors in place which will give a precise measurement of how much you sweat when stimulation is provided in that area. This tingles a bit. The order of testing procedures may be modified, and the total test takes 90 minutes. The doctor in charge of your test will explain to you what the testing means after the testing is complete.

There is information about the test at our website:

<http://stanfordhospital.org/clinicsmedServices/COE/neuro/autonomicdisorders/autonomicTesting.html>

Please respond to this email to assure that you have received it. If you have any questions at all, please respond via email ASAP. Please address all of your questions via email to Aura Cardona RN within **MYHEALTH**. Aura will reach out to all pts within 10 days of testing to review the procedures and medications.

Sincerely,

**Aura Cardona RN**  
**Autonomic Department**  
**Stanford Hospital & Clinics**  
**650-723-6469**

