

PLEASE GO TO THE RESTROOM PRIOR TO THIS PROCEDURE.

AUTONOMIC TEST PATIENT INSTRUCTIONS

Autonomic Testing is a painless and highly sensitive test. During the test you will need to sit, stand and lie down. EKG leads are applied to your chest wall and information about your heart rate and rhythm is transmitted to a computer to measure your Heart Rate variability (RR-variation), a key indicator of cardiovascular disease in diabetics and other conditions. This Autonomic Test accurately measures Heart Rate Variability using (3) accepted standard tests approved by the American Diabetes Association.

- **Paced Breathing (RR-Variation)**
- **Valsalva**
- **Posture**

Paced Breathing Test requires the patient to match his/her breathing (inhaling and exhaling) to a burst of inclining and declining tones for 5 minutes.

Valsalva Testing requires the patient to exhale into a manometer for 20 seconds. This is repeated twice.

Posture Testing requires the patient to stand up for (10) seconds, lie down for (3) minutes and then stand up again for (1) minute.

The results provide quantitative assessment of heart rate variability in response to specific respiratory and posture regimens. An interpretation will be made in conjunction with all other available medical history and diagnostic test information and reported to your doctor.

Preparation For The Test

You must take a bath or shower prior to the appointment in order to remove oil from your chest area. **DO NOT** use body lotion or powder on the chest area on the day of the test. **Please bring or wear a loose fitting shirt.**

Test results will be discussed with you at your follow-up visit with your physician.

Please do not bring children to testing appointments.

A \$75.00 fee is charged for all appointments missed or not cancelled 24 hours in advance.