



Neurodiagnostics Labs | Stanford Neurosciences Health Center
213 Quarry Rd | Palo Alto, CA 94304 | 650-723-7181

AUTONOMIC TESTING INSTRUCTIONS
PLEASE READ CAREFULLY

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

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.**

PREPARING FOR AUTONOMIC TESTING

- **SHOWER/BATHE BEFORE YOUR TEST.** Apply no creams, lotions or oils to your skin afterward. You may use under arm deodorant and face creams, make-up after shave to the face.
- **DO NOT EAT FOR 3 HOURS PRIOR TO YOUR TEST.** Bring a snack which you can have after the tests. There are no restrictions of fluid, you can continue to have DECAFFEINATED beverages. Be sure to drink lots of water. You can bring a water bottle to the test
- **WEAR LOOSE FITTING CLOTHING,** do not wear elastic support stockings.
- **NO NICOTINE, CAFFEINE OR ALCOHOL** for 8 HOURS prior to test.
- **OVER-THE-COUNTER MEDICATIONS** are restricted prior to test. Aspirin, Tylenol or Ibuprofen may be used up to 24 hours prior to test, but, all other over the counter medication such as antihistamines should be held for 72 hours prior to test.

Please discuss your prescription medications that should be held prior to the test with one of the autonomic nurses or doctors. To reach Doctor/Nurse please call the above number. Illness can affect the test results. If you have a cold, flu or fever on the day of your test, please reschedule. If you have any questions, please feel free to contact us.

Appointments/ Cancellation

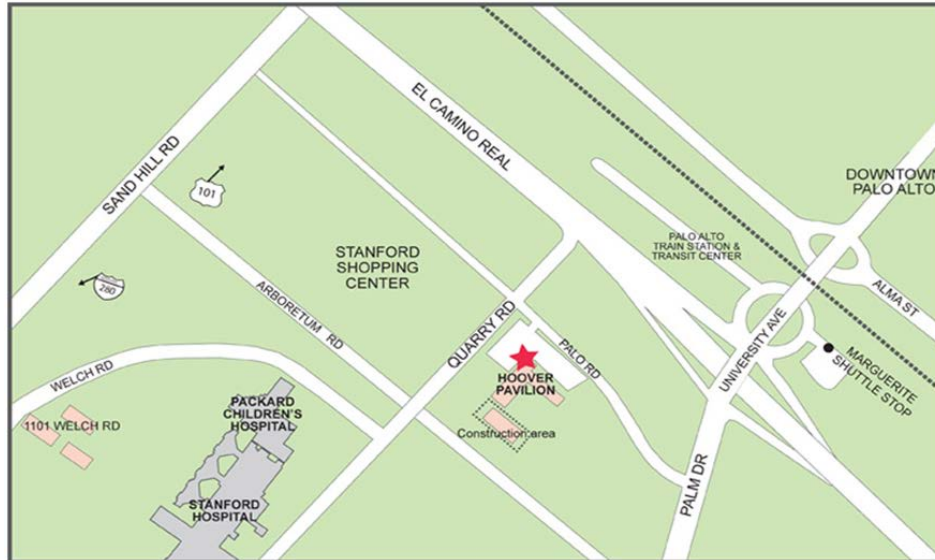
We ask that you **please check-in at our reception area located on the 1st floor 30** minutes prior to your appointment. If you are running late to your scheduled appointment, it may be necessary to reschedule your AUTONOMIC TESTING .If you need to reschedule your appointment, please call the clinic **48** hours in advance at **650-723-7181** so that we may do our best to accommodate other patients. You will also be contacted via an automated system to confirm your appointment, please listen to the entire message as its contents has valuable information including the ability to respond yes or no to confirm or cancel your appointment.

If you have any questions, please feel free to contact us.

Continued on reverse >



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Driving Directions:

From Bayshore US Highway 101 North or South

- *Take the Embarcadero Road/West exit.*
- *Follow Embarcadero Road for about two miles.*
- *Turn right on El Camino Real and left on Quarry Road.*
- *Turn left on Palo Road and right into the parking lot of Hoover Pavilion.*
- *The Hoover Pavilion is located at 213 Quarry Road.*

From Highway 280 North or South

- *Take the Sand Hill Road exit and head east.*
- *Turn right on Arboretum Road and left on Quarry Road.*
- *Turn right on Palo Road and right into the parking lot of Hoover Pavilion.*
- *The Hoover Pavilion is located at 213 Quarry Road.*

El Camino Real North or South

- *Turn on Quarry Road.*
- *Turn onto Palo Road and then into the parking lot of Hoover Pavilion.*
- *The Hoover Pavilion is located at 213 Quarry Road.*