

Autonomic Testing Information *(Please bring this sheet to your appointment)*

What is autonomic testing?

Autonomic testing assesses that part of the brain, spinal cord and nerves that controls involuntary functions. Blood pressure, heart rate, sweating, the bladder, the bowel and sexual function are examples. We check heart rate and blood pressure while you breathe deeply, bear down or stand up. Capsules attached to the skin surface check sweating while your body is warmed up. When the problem is limb pain, we may check blood flow in your skin and muscles, skin temperature and swelling. The test lasts two to three hours and is noninvasive.

About your appointment

- Your appointment is on:

(Date) _____

(Time) _____ at the following location

- UH Case Medical Center
11100 Euclid Avenue, Bolwell 5th Floor
Cleveland, OH 44106
- UH Chagrin Highlands Health Center
3909 Orange Place, Suite 2000
Orange Village, OH 44122
- UH Westlake Health Center
960 Clague Road, Suite 3120
Westlake, OH 44145

- Please bring the written Autonomic Laboratory requisition completed by your physician on the day of your appointment. A preferred option is to have your physician fax the written referral to the lab at the minimum of 48 hours prior to your appointment. Your physician may fax it to 216-844-7624. Our phone is 216-844-3496.
 - Testing cannot be performed without a written referral. If you do not have the written referral at the time of your appointment, testing may be rescheduled.**
 - Because autonomic testing requires so much preparation, **PLEASE give us a 48 hour notice if you cannot keep your appointment.**
 - Testing sometimes causes dizziness or fainting.** If these are your symptoms, it would be better to have someone drive you. Otherwise, it is fine to drive yourself.
- No alcoholic drinks** 14 hours before your study.
 - No nicotine** (cigarettes) or **caffeine** (tea, chocolate, coffee and caffeinated soft drinks) three hours before study.
 - No constrictive clothing** such as Jobst stockings, corsets or binders on the morning of the study.
 - Please **eat and drink normally (DO have breakfast/lunch).**
 - Skin should be clean: **no lotion, oil, cream or perfume.** Makeup is fine (except for TST test).
 - If you have a cardiac pacemaker, please call the Autonomic Laboratory for special arrangements.**

(Continued on next page)

Autonomic Testing Information *(Continued)*

Certain medications, **if permitted by your referring physician**, may need to be stopped prior to the study. If medications are unsafe to stop, we will test you and take this into account when interpreting the results. **The Autonomic Laboratory is a diagnostic laboratory only.** Although a physician will be involved in interpreting the study, this does not constitute a consultation (for which a separate referral would be necessary). Therefore, we cannot make any medical recommendations or give you advice as to the safety of discontinuing your medications. The medications listed will affect the results of your testing. The medications include antihistamines, antidepressants, antihypertensives, beta-blockers, anticholinergics, acetylcholinesterase inhibitors, drugs for orthostatic hypotension, phenothiazines, asthma inhalers (except for steroid inhalers), caffeine, nicotine and alcohol. Optimal results will be obtained if the medication can be stopped, but **only with the prescribing physician's approval.**

The number of days they need to be stopped prior to testing is indicated in the column under the letters. For example, if you are being tested on a Wednesday, and the table indicates "2," the last day to take the medication would be the previous Sunday. The most common test is the **Autonomic Screen**, indicated by "A." The "R" means **Reflex Sympathetic Dystrophy Screen**, and the "T" means **Thermoregulatory Sweat Test**. A blank entry means the medication does not need to be stopped.

Medication	A	R	T	Medication	A	R	T	Medication	A	R	T	Medication	A	R	T
Acebutolol	1	1	1	Clonidine	5	5	5	Lexapro	7	7	7	Reglan	3	3	3
Adalat	1			Cogentin	2			Loperamide	2	2	2	Reserpine	7		
Adderall	3			Compazine	5			Lopressor	5			Resperidone	5		
Albuterol	1	1	1	Concerta	3	3	3	Loratadine	3	3	3	Risperdal	5		
Aldomet	1			Coreg	2			Lozide	4	4	4	Ritalin	1	1	1
Allegra	2	2	2	Corgard	5			Luvox	5	5	5	Ritalin LA	3	3	3
Alupent	1			Cymbalta	7			Meclizine	2			Robinul	1	1	1
Amantidine	7	7	7	Desipramine	7			Mestinon	1			Salmeterol	1		
Aminophylline	1			Desyrel	7			Metaproterenol	2			Scopolamine	3	3	3
Amitriptyline	7	7	7	Detrol	2			Methyldopa	1			Sectral	1	1	1
Amlodipine	4			Dicyclomine	2			Methylphenidate	3	3	3	Serevent	4	4	4
Anafranil	7	7	7	Diltiazem	2	2		Metoclopramide	3	3	3	Seroquel	2	2	2
Antivert	2	2	2	Dimetapp	2	2	2	Metoprolol	5			Sertraline	5	5	5
Apresoline	2	2	2	Diphenhydramine	2	2	2	Mirapex	7	7	7	Serzone	7	7	7
Artane	3			Dipivefrin	3			Nadolol	5			Strattera	7	7	7
Atenolol	5			Ditropan	2			Nefazodone	7			Sudafed	2	2	2
Atomoxetine	5			Donnatal	5	5	5	Nifedipine	3			Symmetrel	7		
Atrovent	2			Doxazosin	5			Normadyne	2			Synacort	1		
Aventyl	7			Doxepin	7	7	7	Norpramin	7	7	7	Tagamet	1		
Axid	1			Effexor	5	5	5	Nortriptyline	7	7	7	Tenormin	5		
Azatadine	3	3	3	Elavil	7	7	7	Norvasc	4	4		Terbutaline	1		
Benadryl	2	2	2	Excedrin	1	1	1	Olanzapine	3	3	3	Theo-dur	1		
Bentyl	2			Famotidine	1			Olopatadine HCL	2			Theophylline	1		
Benylin	2			Flexeril	7			Ondansetron	1			Thorazine	7	7	7
Benzotropine	2			Flomax	3	3		Orphenadrine	3			Toprol	2	2	
Betapace	4			Florinef	3	3		Oxybutinin	2			Toprol XL	5	5	
Bisoprolol	3			Fludrocortisone	5			Pamelor	7	7	7	Trandate	2		
Bupropion	3			Fluoxetine	7	7	7	Paroxetine	7			Trazadone	7	7	7
Buspar	1			Fluvoxamine	5	5	5	Paxil	7	7	7	Trental	1		
Buspirone	1			Glycopyrrolate	2	2	2	Pepcid	1			Trihexyphenidyl	1	1	1
Calan	2			Guanfacine	5	5	5	Periactin	2			Trinalin	3		
Cardura	2			Hydralazine	2			Phenergen	2			Ventolin	2	2	2
Carvedilol	2			Hydroxyzine	2	2	2	Phentolamine	3			Verapamil	2	2	
Catapres	5			Hyoscyamine	3	3	3	Pindolol	2			Visken	2		
Celexa	7			Hyperstat	2			Pramipexole	7	7	7	Vistaril	2	2	2
Cetirizine	2	2	2	Hytrin	3			Prazosin	1			Wellbutrin	7	7	7
Chlorpromazine	7	7	7	Imdur		1		Proamatine	1			Zantac	3		
Cimetidine	1			Imodium	5	5	5	Procardia	1			Zebeta	2		
Cisapride	2			Indapamide	4			Propranolol	2			Zofran	5	5	
Citalopram	7			Inderal	2			Propulsid	1			Zolof	7	7	7
Claritin	2	2	2	Labetalol	3	3	3	Prozac	7	7	7	Zyrtec	2	2	2
Clomipramine	7	7	7	Lavatul	2			Regitine	1						

For more information on the UH Neurological Institute or to schedule an appointment, call **1-866-UH4-CARE** (1-866-844-2273) or visit **UHhospitals.org/neuro**.