



## SSMI Pre-Test Instructions

If you're scheduled for a particular test at Scottsdale Sports Medicine Institute, it's important for you to read the instructions below. If you don't follow the directions, it could alter the results of physiological testing.

**Any questions or need more assistance on your particular test, call our office at 480-664-4615.**

### DEXA Body Composition Scans

- Minimal fast of 6 hours prior to the test. Drink adequate water only to maintain proper hydration. You can drink 20-32 oz. of water, 1-2 hours prior to the test.
- No caffeine, diuretics or smoking on the day of the test.
- No bisphosphonates or calcium supplementation within 24 hours.
- No exercise 12 hours prior to the test and no heavy workouts within 24 hours of the test. This limits dehydration.
- Wear comfortable clothing with no metal that includes zippers, clasps, rivets and buckles.
- Minimize metallic jewelry. You will have to remove it for the test.
- Do not have this test performed if you are pregnant.
- No nuclear scans or any scans requiring ingested, intravenous or injected dyes within 2 weeks.

### VO<sub>2</sub> Max/Buffalo Concussion Treadmill Test

- No heavy or intense exercise 48 hours prior to the test and no exercise at all 12 hours prior to the test.
- No caffeine unless part of your normal pre-race routine or smoking 12 hours prior to the test.
- Light snack 1 hour prior to the test or your preferred preparation for a hard workout/race. If you're getting a DXA scan done, you may bring a light pre-workout snack to have between the DXA and VO<sub>2 max</sub> instead of eating before the DXA.

- Wear comfortable exercise clothes and shoes for your test mode on a treadmill or bike.
- Bring inhaler if appropriate.
- See medications list and take other medications as directed.
- This is a maximal exertion test. Be sure you're able to perform the test safely by getting medical clearance from your primary care physician.

### Resting Metabolic Rate (RMR)

- Minimal fast of 6 hours prior to the test. Drink adequate water only to maintain proper hydration. You can drink 20-32 oz. of water, 1-2 hours prior to the test.
- No exercise 24 hours prior to the test.
- No caffeine or smoking 12 hours prior to test.
- Early morning before 10 is ideal for the test.
- Take normal medications as directed.

### Pulmonary Function Tests (PFT)

- Wear clothes comfortable for vigorous breathing.
- Light snack 1 hour before the test.
- Have an inhaler if appropriate.
- See medications list.
- No caffeine, smoking or exercise 12 hours prior to the test.
- No albuterol 3 hours prior to the test.

### Cardiac Stress Test

- Wear comfortable exercise clothes and shoes to perform the activity of walking/running on the treadmill.
- Women: Please do not wear bras with metal. Non-metal sports bras only.
- No skin lotion or oil on the chest and abdominal areas.
- Light snacks 1 hour before the test. No snack if having blood draw and drink 20-32 oz. water, 1-2 hours prior to the test.
- No caffeine, smoking or exercise 12 hours prior to the test.

- See medications list.
- Bring your inhaler if appropriate.

## Medications

ALL Beta Blockers need to be **DISCONTINUED** the morning of the test including:

- Acebutolol hydrochloride (Sectral),
- Atenolol (Tenormin),
- Betaxolol (Kerlone),
- Bisoprolol (Zebeta),
- Carteolol (Ocupress),
- Carvedilol (Coreg),
- Esmolol (Brevibloc),
- Labetalol (such as Normodyne or Trandate),
- Metoprolol (such as Lopressor or Toprol XL),
- Nadolol (Corgard),
- Penbutolol sulfate (Levatol),
- Pindolol (Visken),
- Propranolol (Inderal), Sotalol (Betapace AF), Timolol (Blocadren)

Diabetic medications (oral) including need to be **DISCONTINUED** the morning of the test.:

Chlorpropamide, Tolazamide, Tolbutamide, Gliclazide, Glimepiride, Glipizide, Glyburide, Rosiglitazone, Metformin, Pioglitazone, Nateglinide and Repaglinide.

Insulin needs to be cut in half.

Insulin pumps should be **DISCONTINUED**.

## Personal Training/Boot Camp/Lexxi and Max Cardio Club

- Must sign a SSMI waiver before participating.
- Wear comfortable clothing that you would workout in or be active in.
- Closed toed shoes must be worn, preferably tennis/athletic shoes.
- Bring 16-20 oz. of water or sports drink with you.
- Bring a light snack such as a protein bar.
- If needed bring any inhalers you may require for physical activity.