



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.

VO₂ 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_{2 max} 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/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.