



## SSMI Pre-Test Instructions

If you're scheduled for one of the following tests 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 test, call our office at 480-664-4615.**

### DEXA Body Composition/Bone Density 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 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 Test

- No heavy or intense exercise 48 hours prior to test.
- 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 also getting a DEXA Body Composition Scan done at the same time, you may bring a light pre-workout snack to have between the DEXA and VO2 instead of eating before the DEXA.
- Wear comfortable exercise clothes and shoes for your test mode on the treadmill.
- Bring inhaler if appropriate.
- 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 before scheduling an appointment.

### **Resting Metabolic Rate (RMR)**

- Minimal fast of 6 hours prior to the test.
- Drink adequate water only to maintain proper hydration. 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.

### **Pulmonary Function Tests (PFT)**

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

### **Personal Training/Lexxa 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 are recommended, preferably tennis/athletic shoes.
- Stay hydrated with water or a sports drink.
- Bring a light snack such as a protein bar.
- Bring any inhalers you may require for physical activity.