

Autonomic Testing Information:

Please read through the following information and it will go over what an autonomic test is and how to prepare for the one. Please fill out the questionnaire and bring it with you to your appointment, along with your medication list.

What is autonomic testing?

Autonomic testing is designed to determine how well your body is regulating your blood pressure, heart rate, and sometimes other functions including sweating. Autonomic testing also shows how your autonomic nervous system is working.

The following tests are used in our Autonomic Testing Lab to diagnose your condition, the whole test duration is about 90-120 minutes.

- 1- The tilt table is done to see if standing up provokes a sudden fall in blood pressure, an excessive increase in pulse rate (Postural tachycardia syndrome) or fainting (syncope). You will be lying on a flat examining table and will have EKG and respiration monitors placed on your torso along with a blood pressure monitor on your finger. Straps, like seatbelts, are attached around the abdomen and legs and the patient is tilted upright at an angle. The exact angle varies and may be from 60 to 90 degrees. The heart rate and blood pressure are measured as the table is tilted slowly.
- 2- Quantitative Sudomotor Axon Reflex Test (QSART): Measures your sweating ability through your autonomic nerves using a unique device called a Sudorometer. The focus of QSART is the small nerve fibers which go to the sweat glands. The test site is usually on the patient's foot, leg, or forearm. A capsule is placed on the skin during the test and the amount of sweat under the capsule is measured. This test utilizes a method to stimulate sweat. The patient feels warmth, slight local burning or tingling, but no electric shock.
- 3- The Valsalva maneuver: Consists of blowing against a resistance for several seconds, then relaxing while the heart rate and blood pressure are measured.
- 4- The Heart Rate Response to Deep Breathing (HRDB); you will breathe deeply at the same rate for a total of 8 breaths. After a 5-minute rest, we will ask you to repeat the test with another 8 breaths. It is important to breathe as deeply as possible. You can breathe in through your nose and out through your mouth, however it's the most comfortable for you.



Autonomics Symptom Questionnaire

	YES	NO
Do you ever feel faint or light-headed, especially when changing to an upright position?		
If yes, please circle the frequency: Mild or infrequently Frequently Consistently Consistently, with frequent syncope (passing out)		
Does your heart race intermittently, especially when you stand?		
Do you feel weak or tired when standing?		
Do you have difficulty thinking or concentrating when standing?		
Do you have blurred vision when standing?		
Do you feel shaky when standing?		
Do you develop vertigo (spinning) when standing?		
Do you get pale when standing?		
Do you feel clammy when standing?		
Do you get nauseated when standing?		
Do you have dry eyes not related to medication?		
Do you have dry mouth not related to medication?		
Do your socks or clothes get moist from sweat on a warm day, or following significant physical activity?		
Are you abnormally sensitive to heat?		
Do you have frequent nausea or vomiting of undigested food?		
Do you have diarrhea, especially at night?		
Do you have significant constipation?		
Do you have difficulty controlling bladder function?		
For Males, have you developed sexual dysfunction not related to medication?		
Is there a family history of neurological disorders, light-headed, or passing out?		
If yes, please describe the problem:		

To ensure accurate testing results.

- No alcoholic drinks 14 hours before your study.
- No nicotine (cigarettes) or caffeine (tea, chocolate, coffee or caffeinated soft drinks) 3 hours before study.
- No food 3 hours before your study
- No constrictive clothing such as Jobst stockings, corsets, binders on the morning of the study.
- Skin should be clean: no lotion, oil, cream, or perfume. Make-up is fine.
- If the patient has a cardiac pacemaker, please call the Autonomic Laboratory (315-464-1849) for special arrangements.
- Testing sometimes causes dizziness or fainting. If these are your symptoms it would be best to have someone drive you.
- Bring your medications list to the test.
- The medications listed below will affect the results of your test. Optimal results will be obtained if the medication can be safely stopped, but **only with the prescribing physician's approval.** **After checking with your prescribing physician,** 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 medical recommendations or give you advice as to the safety of discontinuing your medications.



Class	Medication (Generic)	Brand name	Time of Discontinuation 0=no disc
Analgesics/Opioids	Tramadol	Ultram	1
	Morphine		1
	Hydrocodone/ paracetamol	Vicodin	1
	Oxycodone	Oxycontin	1
	Fentanyl	Duragesic	2
	Methadone		2
Antidepressants (Tricyclic antidepressant)	Amitriptyline	Elavil	5
	Nortriptyline	Pamelor	5
	Protriptyline	Triptil Vivactil	5
	Doxepin	Sinequan	5
	Trazodone	Desyrel	5
	Desipramine	Norpramin	5
	Imipramine	Tofranil	5
	Clomipramine	Anafranil	
Antidepressants (Others)	Sertraline	Zoloft	2
	Fluoxetine	Prozac	2
	Citalopram	Celexa	2
	Venlafaxine	Effexor	2
	Paroxetine	Paxil	2
	Fluvoxamine	Luvox	2
	Bupropion	Wellbutrin	2
	Maprotiline	Ludiomil	2
	Duloxetine hydrochloride	Cymbalta	2
	Escitalopram	Lexapro	2
Antiepileptics	Topiramate	Topamax	2
	Zonisamide	Zonegran	2
	Carbamazepine	Tegretol	0
	Pregabalin	Lyrica	0
	Gabapentin	Neurontin	0
	Lamotrigine	Lamictal	0
Antiemetics/Antivertigo	Ondansetron	Zofran	2
	Promethazine	Phenergan	2
	Meclizine	Antivert	2
	Scopolamine	Transderm–scop	2



Anticholinergic	Glycopyrrolate	Robinul	2
Antihypertensive	Hydrochlorothiazide	Aquazide	2
	Triamterene	Dyrenium	2
	Furosemide	Lasix	2
	Triamterene/HTCZ	Dyazide	2
	Verapamil	Calan	2
	Nitro patches		Day of the test
	Clonidine	Catapress	1
	Captopril	Capoten	1
	Hydralazine	Apresoline	1
	Lisinopril	Prinivil	1
Antiparkinson agents	Carbidopa–levodopa	Sinemet	1
	Carbidopa–levodopa CR	Sinemet CR	2
	Entacapone	Comtan	1
	Carbidopa/levodopa/enta capone	Stalevo	1
	Pramipexole	Mirapex	1
	Ropinirole	Requip	1
	Rotigotine	Neupro Patch	2
	Bromocriptine	Parlodel	1
	Amantadine	Symmetrel	1
	Trihexyphenidyl	Artame	2
Antireflux	Esomeprazole	Nexium	1
	Lansoprazole	Prevacid	1
	Omeprazole	Prilosec	1
	Cimetidine	Tagamet	1
	Rantidine	Zantac	1
Anxiolytic/hypnotic	Alprazolam	Xanax	1
	Clonazepam	Klonopin	1
	Lorazepam	Ativan	2
	Trazodone	Desyrel	2
Beta blockers	Propranolol	Inderal	1
	Propranolol–LA		2
	Metoprolol	Toprol	1
	Atenolol	Tenormin	2
	Labetalol	Nomodyne	2
Bladder antispasmodic	Tolterodine	Detrol (LA)	2
	Oxybutynin	Ditropan (XL)	2
	Trospium	Sanctura	1



Cognitive	Donepezil	Aricept	1
Erectile dysfunction	Sildenafil	Viagra	1
Muscle relaxants	Cyclobenzaprine	Flexeril	1
	Tizanidine	Zanaflex	1
Orthostatism	Fludrocortisone	Florinef	2
	Midodrine	Proamatine	1
	Pyridostagmine	Mestinon	1
	Pyridostagmine ER	Mestinon Timespan	2
Over-the-counter (OTC)	Loratadine	Claritin	1
	Diphenhydramine	Benadryl	2
	Hydroxyzine hydrochloride	(Atarax)	2
	Imodium	Lomotil	1
	Laxative		1
	Decongestant		1
	Antitussives		1
Prostatism	Terazosin	Hytrin	1
	Doxazosin	Cardura	2
	Tamsulosin	Flomax	1
	Prazosin	Mnipress	1
	Finasteride	Proscar	1
Other	Simvastatin	Zocor	0
	Celebrex	Celecoxib	
	Aspirin		1
	Ibuprofen		1
	Acetaminophen		1
	Medical marijuana		3

- If you are being tested only for complex regional pain syndrome/ reflex sympathetic dystrophy (RSD), continue Nitro Patches, Water Pills, Heart, and blood pressure medications without discontinuation as they may only interfere with the tilt test.

If you have any more questions or concerns, please call our office at (607) 299 4377.