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- First thing in the morning is the best time for this test, however at a bare minimum fasting 4 HOURS PRIOR to the test is required. Water is the only drink allowed. If anything other than water is consumed prior to the test, this may impact the results and give a false reading.
- DO NOT Drink Coffee, Tea, Soda, Juice or alcohol prior to the test. Water is the only drink permitted prior to the test.
- DO NOT Smoke prior to the test – this includes any cigarette / nicotine replacements such as electronic cigarettes.
- Medicines to avoid prior to the test that day (you may take them as soon as the test is complete):
  - Alpha-blockers
  - Beta-blockers
  - Calcium-Channel blockers
  - ACE Inhibitors / ARBs
  - Statins
  - Nitroglycerine and other NO-donators
  - PDE5 Inhibitors
  - Other vaso-active substances
- Wear loose clothing around the arms.
- You will be asked to remove all jewelry on the arms and hands such as watches, bracelets and rings. It may be best to leave such jewelry at home.
- Trim nails on the index fingers of both hands. Long nails may interfere with the sensor and affect measurements.
- Testing requires that you lay on your back WITHOUT movement or talking for approximately 20 minutes. We will slightly elevate your knees for comfort.
- Any additional questions, please contact our office directly.

### **Alpha-Blockers: (Hypertension / Prostate)**

Hytrin (terazosin)

Cardura (doxazosin)

Flomax (Tamsulosin)

### **Beta-blockers: (Hypertension)**

Metoprolol

Atenolol

Propranolol

Sotalol

Timolol

### **Calcium-channel blocker: (Angina / Abnormal heart rhythm)**

Diltiazem

Amlodipine

Verapamil

Nifedipine

### **ACE Inhibitor: (Hypertension)**

Benazepril (Lotensin)

Captopril (Capoten)

Enalapril (Vasotec)

Fosinopril (Monopril)

Lisinopril (Prinivil, Zestril)

Monexipril (Univasc)

Perindopril (Aceon)

Quinapril (Accupril)

Ramipril (Altace)

Trandolapril (Mavik)

**Statins: (Hypercholesterolemia)**

Lipitor (Atorvastatin)

Lescol, Lescol XL (Fluvastatin)

Crestor (Rosuvastatin)

Zocor (Simvastatin)

Mevacor, Altoprev (Lovastatin)

Pravachol (Pravastatin)

**Nitroglycerin**

**PDE5 Inhibitors: (Erectile Dysfunction)**

Viagra

Levitra

Cialis

Stendra

Staxyn

**NEO-40 Professional:**

If this is a repeat test and they are on the supplement NEO-40 Professional, this should also NOT be taken prior to the test that day.