

# Preparing for Autonomic Nervous System Testing



You are scheduled for testing to check your autonomic nervous system. Autonomic tests evaluate the nerves that control your blood pressure, heart rate, and sweating. Please review these instructions for how to prepare for your test.

## About testing

**You may be scheduled for 1 or both of these tests:**

- **QSART:** This is a test that measures the nerves that control sweating. Flat hollow electrodes are held on your skin with silicone straps. They are filled with a solution and connected to a device that sends an electrical current to the nerves that supply your sweat glands. Where the electrodes are placed can vary, but they are usually put on your leg and forearm. You may feel a slight buzzing sensation, but should not feel any pain. You are not sedated for this test.
- **Tilt table test:** Your heart rate and blood pressure are monitored and recorded. The table you are lying on will be tilted up to 70 degrees for 10 minutes. The second part of the test involves 2 breathing tests. You are not sedated for this test. Learn more at [go.osu.edu/tilt\\_table\\_test](http://go.osu.edu/tilt_table_test).

## Preparing for testing

For the most accurate results from your test, please follow these steps:

- Do not use heavy creams, lotions, or oils on your skin (such as Vaseline or baby oil) for at least 24 hours before your test, especially over your arms and legs.
- No smoking for 4 hours before testing.
- No caffeine for 2 hours before testing.
- You may eat a light meal before your test.
- If you have a pacemaker or a history of stroke, please inform your technologist.
- Wear loose clothing that allows access to your arms and legs from your knees down.
- Please use the restroom before your test starts.

## Medicine to stop before your test

You should stop taking certain medicines at least 36 hours before having your test as they may interfere with the results. Some medicines may not be safe for you to stop taking. **Talk to your prescribing doctor before stopping any of the medicines listed with that warning in the table in the next section.** The most common medicines are listed. If you take a medicine that is similar but not listed, contact your prescribing doctor or 614-293-7550 with questions.

**If your doctor does not agree that you can stop taking your medicine**, please call our office at 614-293-7550 to let us know so we can consider your medicines when reading your test results.

## Medicine type/use and common examples

### Anticholinergics for gastrointestinal spasm, diarrhea, nausea, or heartburn

- dicyclomine (Bentyl)
- diphenoxylate/atropine (Lomotil)
- hyoscyamine (Levsin)
- glycopyrrolate (Cuvposa, Robinul, Qbrexza)
- famotidine (Pepcid)
- loperamide (Imodium)
- meclizine (Antivert, Dramamine, Medivert)
- metoclopramide (Reglan, Gimoti)
- prochlorperazine (Compazine)
- promethazine (Phenergan)
- scopolamine (Transderm Scop)

### Antihistamines and allergy medicines

**Read the active ingredients for medicines used for allergies or the common cold. If they contain any of the following, do not take before your procedure:**

- azelastine (Astepro, Astelin)
- brompheniramine (Bromfed, Dimetapp, Bromfenex, Dimetane, Lodrane)
- cetirizine (Zyrtec Allergy Relief, Zerviate)
- diphenhydramine (Benadryl)
- desloratadine (Clarinex)
- chlorpheniramine (Tylenol Cold/Allergy, Chlor-Trimeton, Allerest, Chlorphen-12)
- fexofenadine (Allegra)
- levocetirizine (Xyzal)
- loratadine (Alavert, Claritin)
- pseudoephedrine (Sudafed)

### Antipsychotics and mood stabilizers

**DO NOT STOP taking any of these medicines if you take them for seizures.**

Call 614-293-7550 for instructions.

- aripiprazole (Abilify, Aristada)
- asenapine (Saphris)
- carbamazepine (Carbatrol, Epitol, Equetro)
- clozapine (Clozaril, Versacloz)
- divalproex (Depakote)
- haloperidol (Haldol)
- lithium (Lithobid)
- loxapine (Adasuve)
- olanzapine (Lybalvi, Symbyax, Zyprexa)
- oxcarbazepine (Trileptal)
- quetiapine (Seroquel)
- risperidone (Risperdal)
- valproic acid (Depakote)
- ziprasidone (Geodon)

### Bladder control issues

- darifenacin (Enablex)
- mirabegron (Myrbetriq)
- oxybutynin (Ditropan, Gelnique, Oxytrol)
- solifenacin (VESicare)
- tolterodine (Detrol)

### Breathing medicines (bronchodilators)

- albuterol (Proventil HFA, Ventolin HFA, ProAir HFA, ProAir RespiClick, Proventil, AccuNeb, Ventolin Injection, Ventolin Nebules PF, Ventolin Oral Liquid, Ventolin Respirator Solution, and VoSpire ER).

**Cardiac medicines: antiarrhythmics, blood pressure medicine, water pills, and blood thinners****DO NOT STOP taking any of these medicines unless you talk to your prescribing doctor.**

If your doctor tells you not to stop, call 614-293-7550 for instructions.

- acetazolamide (Diamox)
- atenolol (Tenormin)
- captopril (Capoten)
- digoxin (Digitek, Lanoxin)
- diltiazem (Cardizem, Cartia XT, Dilt-XR, Matzim LA, Taztia XT, Tiadylt ER, Tiazac)
- dipyridamole (Persantine, Trolactin)
- disopyramide (Norpace)
- doxazosin (Cardura)
- enalapril (Vasotec, Epaned)
- furosemide (Lasix)
- hydralazine (Apresoline)
- isosorbide (Imdur, Isordil)
- lisinopril (Zestril, Prinivil, Qbrelis)
- metoprolol (Lopressor, Toprol XL)
- nifedipine (Adalat, Procardia)
- quinidine (Nuedexta)
- torsemide (Demadex)
- triamterene (Maxzide)

**Medicines for anxiety, depression, headaches, nerve pain, sleep, sedatives, or seizures****DO NOT STOP taking any of these medicines if you take them for seizure.**

Call 614-293-7550 for instructions.

- alprazolam (Xanax)
- amitriptyline (Elavil)
- bupropion (Wellbutrin)
- citalopram (Celexa)
- clonazepam (Klonopin, Rivotril)
- desipramine (Norpramin)
- desvenlafaxine (Pristiq)
- diazepam (Valium)
- doxazosin (Cardura)
- doxepin (Prudoxin, Zonalon)
- duloxetine (Cymbalta)
- escitalopram (Lexapro)
- eszopiclone (Lunesta)
- fluoxetine (Prozac)
- fluvoxamine (Luvox)
- hydroxyzine (Atarax, Vistaril)
- imipramine (Tofranil)
- lorazepam (Ativan)
- nortriptyline (Pamelor)
- sumatriptan (Imigran, Onzetra Xsail, Tosymra, Zembrace)
- paroxetine (Paxil)
- sertraline (Zoloft)
- tamsulosin (Flomax)
- temazepam (Restoril)
- terazosin (Hytrin)
- topiramate (Eprontia, Qudexy XR, Topamax, Topamax Sprinkle, Trokendi XR)
- trazodone (Desyrel)
- venlafaxine (Effexor)
- zolmitriptan (Zomig)
- zolpidem (Ambien, Edluar)

**Muscle stimulants for myasthenia gravis****DO NOT STOP taking this medicines unless you talk to your prescribing doctor.**

Call 614-293-7550 for instructions.

- pyridostigmine (Mestinon)

**Opioids and other pain medicines**

- buprenorphine (Brixadi, Suboxone, Subutex, Zubsolv, Bunavail, Buvidal)
- fentanyl (Actiq, Fentora, Subsys, Duragesic)
- hydrocodone/acetaminophen (Lorcet, Vicodin, Lortab)
- hydromorphone (Dilaudid)
- morphine (Morphine sulfate, Roxanol, MS Contin, Oramorph, Kadian)
- oxycodone (Oxycontin, Oxypro)
- tramadol (ConZip, Qdolo, Ultram)

**Parkinson's medicine (anticholinergics)**

- amantadine (Gocovri, Symadine, Symmetrel)
- benztropine (Cogentin)
- bromocriptine (Parlodel, Cycloset)
- carbidopa/levodopa (Sinemet)
- entacapone (Comtan)
- pramipexole (Mirapex)
- trihexyphenidyl (Artane)

**BPH (benign prostatic hyperplasia)**

- alfuzosin (Uroxatral)
- doxazosin (Cardura)
- tamsulosin (Flomax)
- terazosin (Hytrin)

**Sleep aids or sedatives**

- doxepin (Cardura, Prudoxin, Zonalon)
- trazodone (Desyrel)
- eszopiclone (Lunesta)
- zolpidem (Ambien, Edluar)

**Muscle relaxants**

- baclofen (Lioresal, Gablofen)
- cyclobenzaprine (Flexeril, Amrix)
- methocarbamol (Robaxin)
- orphenadrine (Norflex, Norgesic)
- tizanidine (Zanaflex)

**Eye drops**

- atropine sulfate (Isopto Atropine)
- cyclopentolate (Cyclogyl, AK-Pentolate)
- ketotifen fumarate (Zaditor, Alaway)
- olopatadine (Pataday)

If you have any questions about your test, please call 614-293-7550.

If you need to reschedule your test, please call 614-293-4333.

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**This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.**