



# Preparing for the EndoPAT

## Preparations for the Test

- Do not eat anything for 3 hours prior to the test.
- If possible, avoid all red meat (beef, pork, bison, game, etc.) 24 hours prior to the test.
- Do not drink coffee, tea, sodas, juice, alcohol for 3 hours prior to the test - water is the only drink allowed.
- Do not smoke (including any cigarette/nicotine replacements such as e-cigs) for 3 hours prior to the test.
- Continue medications normally.
- Stop all supplements 24 hours prior to the test.

## When Coming for Your EndoPAT Appointment

- Wear loose clothing around the arms.
- Remove all jewelry such as a watch, bracelets and rings as these might interfere with your blood circulation before and during the test.
- Recommendation: Trim nails of your index fingers on both hands - we will place thimble-like sensors on your index fingers during the test. Long nails might damage the sensor and affect measurements.

## Test Information

- The test is non-invasive and will take approximately 15 minutes.
- During the test you will be lying or sitting in a relaxed position and recording will be taken from both your index fingertips via non-invasive sensors.
- After 5 minutes, a blood pressure cuff will be inflated on your non-dominant arm for 5 minutes; this might be associated with some discomfort, however it is considered very safe. This feeling should pass with the release of the cuff. Recording of your arterial tone will continue for 5 minutes after the cuff is released.