EndoPAT Instructions

This test measures the ability of your arteries to dilate, a clinically proven marker to identify risk for heart disease or cardiac events beyond commonly used tests, used by leading clinicians to personalize treatment. Please follow these instructions prior to taking the test.

**Preparations for the EndoPAT test:**

Avoid the following actions at least *3-8 hours* prior to the test:

* Eating (anything)
* Drinking coffee, tea, sodas, juice, alcohol – water is the only drink allowed
* Smoking (including any cigarette/nicotine replacements such as electronic cigarettes)

(Please avoid taking Viagra or Levitra *6 hours* prior to test and avoid taking Cialis *24 hours* prior to test)

* Avoid  • Nitroglycerine • Alpha-blockers, beta-blockers, and calcium channel blockers • ACE inhibitors • Statins

**When you come to the office, please do the following:**

* Wear loose clothing around the arms.
* Remove all jewelry such as a watch, bracelets, and rings as these might interfere with your blood circulation 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.

**What does the test involve?**

* 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 fingers via thimble-like sensors that are absolutely non-invasive and positioned on your fingertips.

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 and/or tingling sensation in your arm, 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 more minutes after the cuff is released. (This recording will be a total of 15-18 minutes.)

\*Please give us a call directly at 215-892-1230 or e-mail [Blmdphiladelphia@bodylogicmd.com](mailto:Blmdphiladelphia@bodylogicmd.com)

if you have any further questions!\*