Are any special considerations or patient preparations necessary for this test?

* It is recommended to fast for 4 - 6 hours pre-test (drinking water is encouraged)
* The patient should not smoke or have caffeine for 2 hours prior to testing
* If testing is done more than once, it should aim to be at the same time of day due to the diurnal variance in blood vessel functioning
* Patients should not exercise 4-6 hours prior to the test
* Menstruating patients should be tested on the same day of the cycle (the 7thday from starting of menstruation is recommended)
* Patient must have short finger nails to insure full pad of fingertip is touching the bottom of the sensor. Patients with long nails or acrylic nails need to be notified that one nail on each hand will be cut to the flat tip of the finger.

Special Medical Condition Considerations

* Mastectomy, especially with Axillary lymph node dissection

Hemo-dialysis shunt Note: The technician can use the arm on the opposite side if the patient has had a single mastectomy or in the case of a shunt. Make sure to measure the blood pressure from the leg or at least one hour prior to the test itself.

* Anticoagulant treatment (Bruising)
* Finger deformities which prevent appropriate placement of the Endo-PAT bio-sensors
* Congenital or acquired conditions impacting circulatory system of the arm

Does medication exclude a patient from being studied?

* No
* A washout period of 2 (or even 4) half-lives (~ 24 hours in most cases) is recommended for:
  + Nitroglycerin (NTG/GTN) and other NO-donators
  + Alpha-blockers
  + Beta-blockers
  + Calcium-channel blockers
  + ACE Inhibitors/ARBs
  + PDE5 Inhibitors
  + Other vaso-active substances

Note: Many physicians prefer not to stop the medication since some of the patients take those medications for years and this would be there steady state.