

Exercise Test Instructions

IF YOU HAVE QUESTIONS ABOUT YOUR TEST, OR CANNOT MAKE YOUR APPOINTMENT, PLEASE CALL (607) 252-3580.

You will be scheduled to complete a maximum effort exercise test; your performance depends upon adherence to these instructions.

- Do not perform heavy exercise in the 24 hours preceding your test.
- Do not drink alcohol for 12 hours preceding your test.
- Do not use caffeine (*e.g., coffee*) or nicotine (*e.g., cigarettes*) for three hours preceding your test.
- Do not eat for three hours preceding the test.
- Do not eat any food that may result in GI discomfort the day of the test.
- Avoid over-the-counter medications for the 12 hours preceding your test. (*However, cancel appointment if you are ill and treat yourself accordingly; we can reschedule.*)
- Wear comfortable clothing (*shorts and T-shirt recommended*) and sneakers. You will exercise at a high intensity and most likely perspire.
- You do not need to warm-up prior to testing. The initial stages of testing are sufficient warm-up.
- If bike testing, please bring your bike with you on test day. It will be connected to our Computrainer to provide incremental training load during testing.
- Males may need to have small sections of chest hair shaved to ensure sufficient contact with electrodes. Disposable safety razors are provided for this purpose.

Thank you for your cooperation.

Andrew Getzin, MD
*Director of Cayuga Medical Center Sports Medicine
and Athletic Performance Endurance Center*

Frank Micale, MS
Director of Testing