

Medication Guidance for Autonomic Reflex Testing

To prepare for your autonomic reflex testing, we have put together some guidance on which medications you may need to stop taking before testing. Please read through this information and follow the instructions.

- **Do not stop taking any seizure or anti-arrhythmia heart medications (such as medications for atrial fibrillation), or other critical medications.**
 - Contact your doctor if you have any questions or concerns about what medications are safe to stop or not stop before testing. Please do not call our office for any medication-related questions, as we cannot provide advice about the safety of stopping your medications.
- At the end of this handout, we've included a list of medications that may affect your autonomic reflex testing and possibly reduce the accuracy of the test results. The list also includes how many days before your test you should stop taking the medication. However, **you must get instructions and approval from your prescribing doctor before you stop taking these medications.**
 - If you cannot stop taking a listed medication for the entire suggested amount of time, we suggest trying to stop taking it for a minimum of 2 days before testing (if your doctor says that's safe).
 - If you absolutely cannot stop taking a certain medication, you may still do autonomic reflex testing, but understand that the accuracy of your test results may be limited.
- Stop taking all over-the-counter (non-prescription) cold and allergy medications 3 days before testing.

- 14 hours before your testing, stop drinking alcohol.
- 3 hours before your testing, stop using any product with nicotine (like cigarettes) and stop eating or drinking anything with caffeine (like tea, chocolate, coffee, or caffeinated soft drinks).
- On the day of your testing, you can eat and drink normally (except for the alcohol and caffeine restrictions mentioned above). Do not wear tight clothing (like stockings, corsets, or binders) and do not use lotion, cream, or perfume.

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Medication	Suggested stop time	Medication	Suggested stop time	Medication	Suggested stop time
Acebutolol	1 day	Bupropion XL/SR	5 days	Dicyclomine	2 days
Adalat	1 day	Buspar	1 day	Diltiazem	2 days
Adderall	3 days	Buspirone	1 day	Dimenhydrinate	3 days
Albuterol	1 day	Bystolic	4 days	Dimetapp	2 days
Aldomet	1 day	Calan	2 days	Diovan	2 days
Allegra	3 days	Cardizem	2 days	Diphenhydramine	2 days
Alprazolam	1 day	Cardura	2 days	Dipivefrin	3 days
Alupent	1 day	Carvedilol	2 days	Ditropan	2 days
Amantidine	7 days	Catapres	5 days	Donnatal	5 days
Aminophylline	1 day	Celexa	7 days	Doxazosin	5 days
Amitriptyline	7 days	Cetirizine	2 days	Doxepin	7 days
Amlodipine	4 days	Chlorpromazine	7 days	Dramamine	3 days
Anafranil	7 days	Cimetidine	1 day	Duloxetine	7 days
Antivert	2 days	Cisapride	2 days	Effexor	5 days
Apresoline	2 days	Citalopram	7 days	Elavil	7 days
Artane	3 days	Claritin	2 days	Escitalopram	7 days
Atarax	3 days	Clomipramine	7 days	Excedrin	1 day
Atenolol	5 days	Clonidine	5 days	Famotidine	1 day
Atomoxetine	7 days	Cogentin	2 days	Fexofenadine	3 days
Atrovent	2 days	Compazine	5 days	Flexeril	7 days
Aventyl	7 days	Concerta	3 days	Flomax	3 days
Axid	1 day	Coreg	2 days	Florinef	5 days
Azatadine	3 days	Corgard	5 days	Fludrocortisone	5 days
Benadryl	2 days	Corlanor	5 days	Fluoxetine	7 days
Benicar	3 days	Cyclobenzaprine	7 days	Fluvoxamine	5 days
Bentyl	2 days	Cymbalta	7 days	Glycopyrrolate	2 days
Benylin	2 days	Cyproheptadine	2 days	Guanfacine	5 days
Benzotropine	2 days	Desipramine	7 days	Hydralazine	2 days
Betapace	4 days	Desyrel	7 days	Hydrocodone/Acetaminophen	1 day
Bisoprolol	3 days	Detrol	2 days	Hydroxyzine	3 days

Medication	Suggested stop time	Medication	Suggested stop time	Medication	Suggested stop time
Hyoscyamine	2 days	Mirabegron	5 days	Phentolamine	3 days
Hyperstat	2 days	Mirapex	7 days	Pilocarpine	1 day
Hytrin	3 days	Modafinil	3 days	Pindolol	2 days
Imdur	1 day	Morphine IR/SR	5 doses	Pramipexole	7 days
Imodium	5 days	Myrbetriq	5 days	Prazosin	1 day
Indapamide	4 days	Nadolol	5 days	ProAmatine	1 day
Inderal	2 days	Nebivolol	4 days	Procardia	1 day
Ivabradine	5 days	Nefazodone	7 days	Prochlorperazine	5 days
Labetalol	3 days	Nifedipine	3 days	Promethazine	2 days
Lavatul	2 days	Norco	1 day	Propranolol	2 days
Lexapro	7 days	Normadyne	2 days	Propulsid	1 day
Levsin	2 days	Norpramin	7 days	Provigil	3 days
Loperamide	2 days	Nortriptyline	7 days	Prozac	7 days
Lopressor	5 days	Norvasc	4 days	Pseudoephedrine HCL	2 days
Loratidine	3 days	Nucynta	1 day	Pyridostigmine	1 day
Lotrel	4 days	Olanzapine	3 days	Quetiapine	2 days
Lozide	4 days	Olmesartan	3 days	Ranitidine	1 day
Luvox	5 days	Olopatadine HCL	2 days	Regitine	1 day
Meclizine	2 days	Ondansetron	1 day	Reglan	3 days
Mestinon	1 day	Orphenadrine	3 days	Reserpine	7 days
Metaproterenol	2 days	Orvaten	1 day	Resperidone	5 days
Methyldopa	1 day	Oxybutinin	2 days	Risperdal	5 days
Methylphenidate	3 days	Pamelor	7 days	Ritalin	1 day
Metoclopramide	3 days	Paroxetine	7 days	Ritalin LA	3 days
Metoprolol Succinate	5 days	Paxil	7 days	Robinul	1 day
Metoprolol Tartrate	2 days	Pepcid	1 day	Salagen	1 day
Midodrine	1 day	Periactin	2 days	Salmeterol	1 day
Minipress	1 day	Phenergan	2 days	Scopolamine	3 days

Medication	Suggested stop time	Medication	Suggested stop time
Sectral	1 day	Ventolin	2 days
Serevent	4 days	Verapamil	2 days
Seroquel	2 days	Vicodin	1 day
Sertraline	5 days	Visken	2 days
Serzone	7 days	Vistaril	2 days
Sotalol	4 days	Wellbutrin XL/SR	5 days
Strattera	7 days	Xanax	1 day
Sudafed	2 days	Zantac	1 day
Symmetrel	7 days	Zebeta	3 days
Synacort	1 day	Zofran	1 day
Tagamet	1 day	Zoloft	7 days
Tamsulosin	3 days	Zyrtec	2 days
Tapentadol	1 day	Over-the-counter cold and allergy medications	3 days
Tenormin	5 days		
Terbutaline	1 day		
Theo-dur	1 day		
Theophylline	1 day		
Tiazac	2 days		
Thorazine	7 days		
Toprol	2 days		
Toprol XL	5 days		
Trandate	2 days		
Trazodone	7 days		
Trental	1 day		
Trihexyphenidyl	1 day		
Trinalin	3 days		
Valsartan	2 days		
Venlafaxine	5 days		