



**DR. PAULA D. MOORE** 200  
DYSAUTONOMIA CENTER

2470 ROCKY RIDGE RD, STE

VESTAVIA, AL 35243

P: (205) 286-3200

F: (205) 823-2465

## **INSTRUCTIONS FOR EXERCISE TESTING**

- Wear or bring comfortable clothing, (shorts or pants and top)
- Wear or bring comfortable walking shoes- no strapless, heels or sandals.
- Eat a light meal/snack prior to appointment time. Drink adequate fluids on the day of your tests.

**NO CAFFEINE, OR ALCOHOL 24 HOURS PRIOR  
TO THE APPOINTMENT**

**NO SMOKING TWO (2) HOURS PRIOR TO  
TESTING**

Do not exercise the day of your appointment