



DR. PAULA D. MOORE
DYSAUTONOMIA CENTER

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INSTRUCTIONS FOR EXERCISE TESTING

- Wear or bring shorts to your appointment. No leggings, no exercise shorts
- 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