



### **Lactate & VO2 Pretest Protocol - June 2023**

We look forward to seeing you for your exercise testing. This includes VO<sub>2</sub> max, VO<sub>2</sub> submax and Blood Lactate tests.

To maximize the accuracy of your test please follow the guidelines below.

#### **What to do 48 HOURS BEFORE the Test**

##### **Avoid:**

- Strenuous and new exercises. Choose light training or rest.
- Alcohol
- Smoking
- If not medically required, avoid supplements that affect aerobic performance (beta-blockers, steroids, cold-medications, etc)

\* Contact us if you've had respiratory, GI or other illness that decreased your capacity for exercise in the last 2 weeks leading up to your scheduled test.

#### **On the Test Day**

- **4 HOURS BEFORE:** No caffeine
- **2 HOURS BEFORE:** No food or calorie-containing fluids
- **1 HOUR BEFORE:** Hydrate well leading into the test, but refrain from drinking for an hour before your test
- Wear comfortable workout gear with athletic shoes to the test
- If you have indicated a **stationary bike** as your preferred test modality and you have your own clip in shoes/pedals. Feel free to bring them with you.