



## **PATIENT SET UP PROCEDURE**

- 1.** No caffeine two hours prior to the test.
- 2.** No acrylic on the left index finger (nail polish or gel are okay).
- 3.** Patient should be sitting with the left palm flat on a surface between the heart and waist.
- 4.** For a more accurate scan, remove any environmental irritations such as excessive noises, vibrations, etc.
- 5.** The temperature of a room should be kept at a comfortable level. If room temperature is too hot, peripheral vascular dilatation may occur, and if the room temperature is too cold, muscle spasm may occur. Therefore, these alterations may cause a distortion of organic results.
- 6.** A patient may need a few minutes to rest before starting the test. Anxiousness, tension, and stress will affect the screen negatively. Everyone should be measured in resting state as the pulse-wave is affected by blood pressure, blood flow etc.
- 7.** Note: It is important to educate the patient before the assessment begins, not to intentionally control breathing. For a more accurate analysis, natural breathing without any conscious respiratory manipulation is greatly desired.
- 8.** Avoid conditions that may put excessive pressure on the left arm or finger-tip.
- 9.** Those screened should be advised not to close their eyes, fall asleep, move or talk during the screening.
- 10.** The patient should be advised not to intentionally control breathing - breath normally.