



## **Forearm Ischemic Exercise Collection Instructions**

### **Forearm Ischemic Exercise Test**

1. Schedule lab-only appointment
2. Coordinate a nurse-only appointment.
3. Lab and nurse appointments will be concurrent.

### **Lab and Dr. Ciejka's nurse will work together to coordinate lab draws**

1. The physician will order two ammonia levels and two lactic acid levels.
2. The phlebotomist releases one set of orders.
3. Draw baseline ammonia level and lactic acid level from the non-dominant arm.
4. Label tubes and write Baseline
5. The nurse will inflate the blood pressure cuff 20 mg above systolic blood pressure on the dominant arm.
6. Exercise the dominant arm rigorously for 3 minutes.
7. Draw the ammonia level and lactic acid level from the dominant arm after exercise.
8. Label tubes and write a 3-minute draw.
9. The phlebotomist will receive the first set of orders.
10. The phlebotomist will release and receive the second set of orders.
11. Call the hospital laboratory to notify them of sending an Ischemic Exercise Test.
12. Send samples to hospital laboratory for testing.