

Adult Neurology

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**ANSAR
(Non-invasive Autonomic Nervous System Monitoring)**

ANSAR is a simple test that is performed in our office. The test evaluates the autonomic nervous system. A technician applies two or three small, painless pads (called leads) to your chest and places a blood pressure cuff on your left arm. The computer will measure your heart rate variability, blood pressure and respiratory activity. Most of the test is taken while you are seated comfortably in a chair. The entire test takes less than 30 minutes.

The exam includes several parts. It monitors you while you are relaxed, while you are breathing deeply, while you are straining, and while you are standing. A technician will guide you through the test.

The test is interpreted by a physician.

Preparation:

Refrain from eating for 1 – 2 hours prior to the test. You should eat the day of the test. You will be asked to use the bathroom before the test is administered.

Arrive in a loose fitting shirt.

Do not apply lotion or oil to your chest or stomach area.