

NASA 10 Minute Lean Test | Preparation for Patients

Orthostatic intolerance (OI) is an umbrella term used to describe dizziness upon standing, a drop in blood pressure, and/or abnormal heart rate response----either increased or decreased---while in an upright position. Orthostatic hypotension (OH), neurally mediated hypotension (NMH) [or neurogenic hypotension] and postural orthostatic tachycardia syndrome (PoTS) are terms used to describe variants of this response. The new evidence-based IOM clinical criteria for ME/CFS establish that orthostatic intolerance is a common and often overlooked feature of illness that is objectively measurable.

In preparation for the 10 minute NASA lean test you should stop doing any behaviors or taking any medications that might impact the test. For example: limit extra fluid and sodium intake, do not wear compression clothing, and you may need to alter the intake of medications that might influence the test (see below). These treatments can be resumed after the test. **Confirm plan with a medical provider before stopping or reducing any prescribed medications.**

- Limit fluid intake to 500-1000 mL of fluids for 24 hours before the test
- Limit sodium (salt) intake for 48 hours before the test, including Gatorade or electrolyte solutions
- Do not wear compression socks or clothing on the day of the test
- Withhold supplements, caffeine, or medications that might raise blood pressure or increase heart rate
 - Prescriptions drugs should only be altered with medical supervision
 - Examples:
 - midodrine or Northera
 - fludrocortisone
 - beta blockers: propranolol, metoprolol or atenolol
 - Stimulants: methylphenidate, Adderall, or phentermine
 - tricyclic antidepressants (TCA): amitriptyline, doxepin or cyclobenzaprine

During the actual test

- During the test do your best to release excess muscle tension (try to relax your arms and legs), and limit conversation or any compensatory movements of the legs or body
- Report any symptoms you experience at any phase of the test, especially if they are recognizable illness symptoms

