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