

# Stimulation Testing

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## Preparing for your child's visit

Your child \_\_\_\_\_ has been scheduled for stimulation testing on \_\_\_\_\_ at Children's Physician Group—Endocrinology at Scottish Rite. This test will be done at the infusion clinic within the Aflac Cancer and Blood Disorders Center of Children's Healthcare of Atlanta located near our building at:

### **Children's Medical Office Building**

5461 Meridian Mark Road, Suite 400  
Atlanta, GA 30342

Please arrive at 8 a.m. Due to the size of the testing room, only one parent may stay with the child. Siblings are not allowed. Your child may watch a DVD during testing. We have some movies, but you may want to bring your own.

### **7 days before testing**

- Do not allow your child to drink caffeine, such as soda or tea.
- Have your child drink 6 to 8 glasses of water or fluids each day. Keep doing this until the night before the test. This will make it easier to find a good vein for an I.V. An I.V. is a thin, plastic tube used to give fluids or medicines.
- During the summer months (June, July and August), please have your child drink more fluids if he is active outside and sweating.

### **3 to 4 days before testing**

- Have your child eat a high carbohydrate (carb) food plan that includes cereals, breads, pastas, starchy vegetables, fruits and fruit juices.

### **Night before testing**

- Give your child a large bedtime snack (around 10 p.m.), such as a peanut butter or meat sandwich, macaroni and cheese, lasagna, or pizza and ice cream.
- Your child should not eat or drink after midnight.

### **Morning of testing**

- Your child may brush his teeth and drink water, but he **may not have anything to eat.**
- Please bring a lunch for your child to eat after the test. This might include a sandwich, crackers, fruit and juice. No fried foods.
- Have your child wear short sleeves and slip-on shoes.
- Please bring a pillow and blanket for your child.
- One hour before your child's appointment, apply a numbing cream to the area of your child's skin selected by the nurse.
- Let our staff know about all of the medicines your child is taking.

Call **404-785-KIDS (5437)** if you have any questions.