



Recommendations for Achieving Accurate Test Results:
Please Read Carefully (Adults)

The following are our recommendations for optimizing your testing conditions in order to help us to obtain accurate, reliable results. Our goal is to conduct the testing under comfortable conditions.

- **SLEEP**: Of course, we think it is best to get a good night's sleep. We believe this will ensure that your performance is not influenced by fatigue.
- **ILLNESS**: While re-scheduling may be challenging, we would much rather re-schedule your appointments than test you when you are not feeling well. If illness prevents you from keeping an appointment, we will re-schedule in a timely manner.
- **FOOD**: Please remember to eat breakfast. On both days of testing, we will take break(s), as needed, and a lunch break on the long day of testing. If you would like, you may bring lunch and snacks or there are several options for purchasing food.
- **LUNCH BREAK**: On the second (longer) day, we will allow 45 to 60 minutes for lunch, scheduled around noon.
- **TRAFFIC**: Because traffic in our location can be unpredictable, it is probably best to allow for extra travel time, in order to guarantee an on time arrival. We have a full testing day and make every attempt to stay on schedule. Often the psychologists have scheduled appointments in the afternoon so they are not able to extend their time if they get started late. Someone is in the office by 8:30 a.m. and the building opens at 7 a.m.
- **MEDICATION**: If you take medication for ADHD and you use it regularly when in school, taking tests, or completing your work, please take it as scheduled on the day of testing. This is because testing agencies require testing completed for documentation to be done under the same conditions as will be the case when taking the test. If, however, you are not taking prescribed medications regularly or have questions about its effectiveness, then discuss with your psychologist how to proceed prior to your first appointment. **REMINDER**: It is important to take all other regularly prescribed medications, unless your physician has specifically instructed you that it is all right not to take them, and, you have also discussed this with your psychologist.