





# What preparations are needed?

1) (&%(13(&'!1-23!&..-\$\*#; (\*#)!(##(3!&\* ' !/- \*#&#!/1 (##(3!G&1!:3(&#; (\*#!J \*\$# - \*!!  
MQRSQ!TRRTTR!\$0!&\* 1!-0!#6 (!0-)) - 7\$\* , !&3(!3() (+&\*#0!

- ! > -2!6&+(!8\* - 7\*!' 32, !&)) (3, \$(%! -3!&\*!&)) (3, 1!#-!)&#(?!)
- ! > -2!(?. (3\$( \* / (!3 (/233( \*#!23\$\* (!\$\*0 (/#\$- \*%!
- ! > -2!6&+(!% . (/&!) \* ( ('%! -3!&! '\$%&4\$)#1!-0!76\$/6!1-2!7-2)'! )8 (!2%!#-!4 (!&7&3(!
- ! > -2!&3(!' 2(!0-3!&! . (3\$- ' !&3-2\* ' !#6 (!#; (!-0!1-23!&..-\$\*#; (\*#!

> -2!6&+(!4 ( (\*!&%8 ('!#-!0\$))!\$\*!&!/6&3#13(/-3'\$\* , !#6(!& ; -2\*#!-0!23\$\* (!1-2! .&%%9! ! )(&% (!  
#&8 (!#; (!#-!' -!#6\$%!&!\$#!7\$))!6() . !2%!#-!-4#&\$\*!&! ; -3(!&/23&#('!\$& , \*-%\$%9!"0!1-2!6&+(!&\* 1!  
/- \* / (3\*%!&4-2#!0\$))\$\* , !\$\*!#6\$%!/6&3#5! . )(&% (!#() (.6- \* (!2%! - \*!MQRSQ!TRRSRR!0-3!&' +\$/ (9!

"0!1-2!6&+(!%1 ; .#- ; %!-0!&!23\$\* (!\$\*0 (/#\$- \*!) (&' \$\* , !2. !#-!1-23!\$\* + (%#\$ , &#- \*5! . )(&% (!&33&\* , (!  
&!+\$%\$!#-!1-23!V !1#-!(?/2' (!-3!#3(&#!&\* 1! . -%\$%4) (!\$\*0 (/#\$- \*9! : 6(% (!%1 ; .#- ; %! ; &1!\$\*/2' (!  
/1%#%\$%5!%#%\$\* , \$\* , !&\* ' !423\*\$\* , !76 (\*! . &%%\$\* , !23\$\* (5!0 ( ()\$\* , !0 (+ (3\$%6!-3!6&+\$\* , !% ; ())1!-3!  
/)-2' 1!23\$\* (9!"0!1-2!&3(!\$\*!&\* 1! ' -24#!-3!6&+(!&\* 1!023#6 (3!A2 (%#\$- \*%!3 ( , &3 '\$\* , !#6\$%5! . )(&% (!  
/- \*#&/#!2%!41!#() (.6- \* (!&%!%- - \*!&%! . -%\$%4) (9!

F\*!#6 (!' &1!-0!1-23!\$\* + (%#\$ , &#- \*5! . )(&% (!43\$\* , !&!03 (%6!23\$\* (!%& ; . )(!#-!1-23!&..-\$\*#; (\*#9!

"#17-2)'!&)%-!4 (!6() .02)!\$0!1-2!/-2)'!43\$\* , !\$\*!&!)\$%#!-0!1-23!/233( \*#! ; ('\$ /&#-\$\*%9!

"0!1-2!&3(!2\* &4) (!#-!&## (\* ' !0-3!1-23!\$\* + (%#\$ , &#- \*!0-3!&\* 1!3 (&% - \*5! . )(&% (!\$\*0-3 ; !2%!41!  
#() (.6- \* (!&%!%- - \*!&%! . -%\$%4) (!% -!#6&#!7 (! ; &1!-00 (3!#6 (!&..-\$\*#; (\*#!#-!%- ; (- \* (!)%) (9!

"#1\$%\$ ; .-3#&\*#!#6&#!1-2!' 3\$\*8!%- ; (! (?#&10)2\$' !#6 (!' &1! .3\$-3!#-!&\* ' !- \*!#6 (!' &1!-0!#6 (!  
\$\* + (%#\$ , &#- \*!#-! (\*%23 (!1-2!&3 (!6! '3&# ('9!"#1\$%\$!&)%-!+ (3!16() .02)!\$0!1-23!4&' ' (3!\$%!0&\$3)1!02))!  
76 (\*!1-2!&3\$+ (9!

# How will I feel during the test?

: 6 (!- /&!)&\* & (%#6 (#\$/! , ()!2% ('!' 23\$\* , !#6 (!\$\*% (3#-\$\*!-0!#6 (!/ &#6 (#(3%! ; &1!%- ; (#; (%! , \$+ (!  
; \$)'! '\$%/ - ; 0-3#!D%#\*\$ , \$\* , E!\$\*!1-23!23\$\* &31! . &%%& , (!D23 (#63&E9! : 6\$%!7\$))! (&% (!&%!#6 (!- /&!)  
&\* & (%#6 (#\$/!%#&3%#!#-!7-389!O&+\$\* , !#6 (!/ &#6 (#(3! . &%% ('! , (\*#!1!\$\*#-!#6 (!4)&' ' (3! ; &1!&)%-!  
0 ( (!)!%3&\* , (!&\* ' !%#\*\$ , !%)\$ , 6#)15!42#!#6 (!0 ( ()\$\* , !A2\$/8)1!7 (&3%!-009!

# How will I feel afterwards?

> -2! ; &1!0 ( (!)%)\$ , 6#!%#\*\$ , \$\* , !-3!423\*\$\* , !76 (\*!1-2! .&%%!7&# (3!0-3!&' &1!&0# (3!#6 (!# (%#9! : 6 (% (!  
%1 ; .#- ; %!%6-2)'!\$ ; .3-+ (!A2\$/8)19!> -2! ; &1!&)%-! . &%%!&!)\$##) (14) - - ' !7\$#6!#6 (!23\$\* (!#6 (!0\$3%#!  
#; ; (!1-2! . &%%!7&# (39!!

: 6 (3 (!\$%!&!% ; &))!3\$%8!-0!' (+ (- . \$\* , !&!23\$\* (!\$\*0 (/#\$- \*!&0# (3!#6\$%#!# (%#9!"0!#6\$%!6&.. (\*%5!#6 (!  
%#\*\$ , \$\* , !7\$))! , (#!7-3% (!&\* ' !1-2! ; &1!4 (/ - ; (!0 (+ (3\$%69!"0!#6\$%!\$%#!#6 (!/ &% (5!1-2!%6-2)'!% ( (!  
1-23!V !!&%!%- - \*!&%! . -%\$%4) (9!!

## Are there any risks?

: 6(3(!\$%!&\*!&. .3-?§ ; &#(!QW!D-\*(!\$\*!&!62\*'3('E!3\$%8!-0!1-2!'(+()-.\$\*,!&!23\$\*(!\$\*0(/#-\$\*!&0#(37&3'%9!!!

## Follow up

: 6(!0\$\*' '\$\*,%!-0!#6(!#(%#!7\$))!4(!%(\*#!#-!1-23!/-\*%2)#&\*#!76-!7\$))!&33&\*,(!1-23!&..-\$\*# ; (\*#!&#!#6(!-2#. &#\$( \*#!/) \$\*\$ /9! : 6(1!7\$))!(?.)&\$\*!#6(!0\$\*' '\$\*,%!-0!#6(!\$\*+ (%#\$, &#-\$\*!&\*!'! '\$%/2%%!&\*1! 023#6(3!#3(&# ; (\*#!7\$#6!1-29!

## Further information