

Preparations for your Medical

1. If you have a history of elevated B/P please do not book nurses appointment right after work, you should be relaxed.
2. Avoid strenuous exercise day of examination.
3. Avoid caffeine and smoking one hour prior to visit.
4. Try to have all your physician's names and addresses as well as dates and reasons for past visits, especially those within the last five years.
5. You will also be asked questions about your past and present health, including medical illnesses, surgical procedures, investigations and diagnostic tests performed.
6. You will be asked about your family's medical history, so it would be helpful to have your parent's, brother's and sister's ages and health information available.
7. Drink water one hour prior to exam (urine specimen will be needed)
8. If you will be having an Electrocardiogram done please do not apply moisturizing lotions as the electrodes will not stick properly.

Agent _____

Phone # _____