





TRUST FINANCIAL SERVICES

Client Medical Examination Checklist

These tips may help obtain the most favorable and accurate exam results possible.





Medical Examination Checklist	
	<u>Things to Do Before Your Exam</u>
	Schedule the exam for the morning. You will be more relaxed at this time of day.
	Limit salt and high-cholesterol foods for 3 – 4 days prior to the exam
	Make a list of all the medications you current take, including non-prescription drugs. Continue taking your medication as usual.
	Make a list of any physicians or specialist you have consulted. Be sure to include their name(s) and address(es).
	Try to get a good night's sleep so you can be well-rested for the exam.
	If you have an acute illness or feel sick and not rested, consider rescheduling the exam. Some acute illnesses can affect the blood and urine test results.
	Drink a glass of water an hour before the exam to help in obtaining a urine specimen
	Wear clothing with short sleeves or sleeves that can be easily rolled up to your exam.
	Arrive at the examination office 10 – 15 minutes before the exam. Do Not Rush.
	Women should tell the examiner if they are experiencing a menstrual period at the time of the exam as this affects urine findings. A notation will be added to the lab slip to ensure accurate results.
	Relax.
	<u>Things to Avoid Before Your Exam</u>
	Avoid alcohol for at least 24 hours prior to the exam
	Avoid strenuous exercise for 24 hours prior to the exam
	Avoid all tobacco products within one (1) hour of the exam. Tobacco tends to constrict artery walls and may elevate blood pressure.
	Avoid heavy meals and caffeine (coffee, tea, soft drinks, & some medications (as directed by your doctor)). Adhere to any fasting guidelines your doctor or examiner may have provided you.

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Specific Medical Condition Exam Tips	
	<u>Hypertension</u>
	DO take your regular medication (if applicable)
	DO NOT use stimulants (caffeine, alcohol, cigarettes, exercise, some OTC medication)
	DO have your blood pressure take after you've had a chance to relax. Three (3) attempts at 10-minute intervals.
	<u>Diabetes</u>
	DO take your regular medication (if applicable)
	DO take the exam 2½ hours after a meal
	DO NOT consume sweets or sugar after the meal
	DO empty your bladder after meals
	DO drink 1 – 2 glasses of water before the exam
	<u>Coronary, EKG Issues</u>
	DO NOT use stimulants (caffeine, alcohol, cigarettes, exercise, some OTC medication)
	<u>Urinary Specimens</u>
	DO empty your bladder following meals
	DO drink 2 – 3 glasses of water before the exam
	DO NOT consume sweets or foods with sugar content before the exam
	DO NOT participate in any strenuous activity/exercise at least 24 hours prior to the exam