Instructions for your Complete Physical Exam

TAKE ALL MEDICATIONS AS USUAL AND AT THE USUAL TIMES
EXCEPT AS STATED BELOW:

MORNING APPOINTMENTS:

You may have NOTHING to eat after midnight (12:00am) before your appointment. You may have water, unsweet tea, black coffee or a diet soda. You will be expected to give a urine sample and have bloodwork done, so PLEASE HYDRATE. Drink lots of water!

Do not wear any lotions or creams on the body (ex. Vaseline, Baby Oil, Lubriderm, Jergens, etc.)

AFTERNOON APPOINTMENTS:

You may have a light breakfast (dry toast, juice, black coffee) before 7:30am. You may have NOTHING to eat after 7:30 am. You may have water, unsweet tea, black coffee or a diet soda. You will be expected to give a urine sample and have bloodwork done, so PLEASE HYDRATE. Drink lots of water!

Do not wear any lotions or creams on the body (ex. Vaseline, Baby Oil, Lubriderm, Jergens, etc.)

DIABETICS:

Patients taking Insulin: TAKE INSULIN AND EAT AT USUAL TIMES
Patients taking Oral Diabetic Medication: DO NOT TAKE DIABETES MEDICATION AND FOLLOW THE INSTRUCTIONS ABOVE

Please bring a snack to eat after your labs are drawn