



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