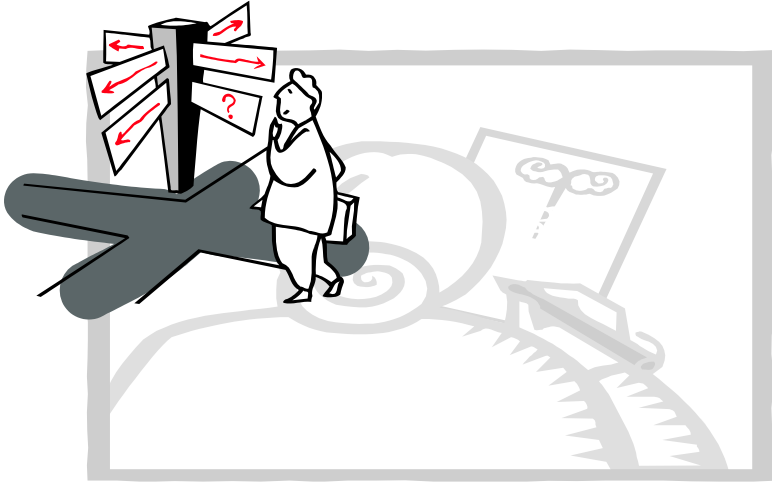


INSTRUCTIONS FOR PHYSICAL EXAMS



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

Morning Appointments:

You may have nothing to eat for twelve (12) hours before appointment time. You may have water and/or unsweetened black coffee.

Afternoon Appointments:

You may have a light breakfast (dry toast, juice, and coffee) before 7:30 A.M. You may have nothing to eat after. You may drink water and or unsweetened black coffee.

DIABETICS

TAKE INSULIN AND EAT AT USUAL TIMES.

PATIENTS TAKING ORAL DIABETIC MEDICATION
DO NOT TAKE DIABETES MEDICATION AND DO NOT EAT.

YOU MAY DRINK LIQUIDS LISTED ABOVE.
YOU MAY TAKE OTHER MEDICATIONS.

PLEASE BRING A SNACK TO EAT AFTER YOUR LABS ARE DRAWN.



**PLEASE DO NOT WEAR ANY LOTIONS OR CREAMS. (EX: VASELINE, BABY OIL,
LUBRIDERM, ETC.)**