

## **Exam and Lab Work Preparation**

When it comes time for your paramedical exam and lab work to be completed, here are some helpful tips. While none are mandatory, following these tips will help you have the best possible results. Some may seem simple but better safe than sorry.

- Be prepared with a picture ID at the time of the examination.
- Limit salt and high-cholesterol foods 24 hours prior to the examination.
- Eat very light or even consider fasting for 6 to 8 hours before your exam. The examiner may not mention this when scheduling but it does make a difference with your lab work. Scheduling in the morning makes this easier to do.
- Refrain from drinking alcoholic beverages for a minimum of 24 to 48 hours prior to your appointment.
- Avoid being exposed to any tobacco or nicotine for several days prior to your exam. If you are a nicotine user, you can of course ignore this as “Your Applied For” rates have taken this into consideration, just be sure to provide full disclosure when asked on the exam and lab ticket as to your type and frequency of use.
- Avoid strenuous exercise for at least 12 hours prior to the examination.
- Limit caffeine intake for at least one hour prior to your appointment.
- Drink a glass of water or two about an hour prior to the appointment. Hydration is important for the urine specimen and even blood draw.
- Provide any history of problems associated with providing a blood sample.
- Get a good night sleep / be well rested prior to the examination.
- You will be weighed and height measured so please wear light and comfortable clothing and shoes.
- Your blood pressure will be taken so, if you are nervous or anxious please let the examiner know and take a few minutes to relax and or have them do additional readings. If you have “big” arms let the examiner know when scheduling so that they can bring a larger blood pressure cuff.
- Have a list of you medical conditions and the physician’s name, address, and phone numbers for at least the last 5 years.
- Have a list of your medications taken in the last 5 years.
- If at any time, you have questions or concerns please call, text, or email me. The exam appointment should be convenient to you and not forced by the examiner’s schedule and 99% of the time they go just fine. I will be happy to answer questions and work with the examiners if needed to fit your schedule.

**Thank you for applying with us.**